

Avocado and Tomato Toast

This simple and healthy dish is perfect for breakfast or lunch!



Main Dish

10 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1/2 ripe avocado
- 1 sandwich-sized slice of sourdough bread
- 1-2 slices of tomato
- 2 tablespoons of olive oil
- Salt and pepper

Steps

- 1 Toast the bread until it is nice and crispy.
- 2 Mash the avocado and season with salt and pepper.
- 3 Spread the mashed avocado over the toasted bread.
- 4 Place tomato slices on top of the avocado.
- 5 Drizzle the olive oil over the tomato.
- 6 Enjoy!