

Energizing Avocado Toast

A quick and nutritious snack packed with healthy fats and fiber, perfect for recharging after a long day. This avocado toast is topped with a sprinkle of chili flakes for an extra kick.


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 ripe avocado
- 1 slice whole grain bread
- 1 teaspoon lemon juice
- Salt and pepper to taste
- Chili flakes (optional)

Steps

- 1 Toast the slice of whole grain bread until golden brown.
- 2 In a bowl, mash the ripe avocado with lemon juice, salt, and pepper.
- 3 Spread the mashed avocado on the toasted bread.
- 4 Sprinkle chili flakes on top for added flavor.
- 5 Serve immediately and enjoy your energizing snack!