

Quick Avocado Toast

This quick and satisfying avocado toast is the perfect snack to whip up in just 10 minutes. Packed with healthy fats and fiber, it's a delicious way to fuel your day!


10 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 ripe avocado
- 1 slice of whole grain bread
- Salt to taste
- Pepper to taste
- 1 tsp lemon juice
- Optional toppings: cherry tomatoes, radishes, or chili flakes

Steps

- 1 Toast the slice of whole grain bread until golden brown.
- 2 While the bread is toasting, cut the avocado in half, remove the pit, and scoop the flesh into a bowl.
- 3 Mash the avocado with a fork, then mix in lemon juice, salt, and pepper.
- 4 Spread the mashed avocado onto the toasted bread.
- 5 Add any optional toppings like sliced cherry tomatoes, radishes, or a sprinkle of chili flakes for extra flavor.
- 6 Serve immediately and enjoy your quick snack!