

Spicy Avocado Toast Bites

A quick and delicious snack featuring creamy avocado and a spicy kick on crispy mini toasts. Perfect for a healthy energy boost anytime.



Snack

10 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 1 slice whole grain bread
- 1/2 ripe avocado
- 1 tsp lemon juice
- A pinch of chili flakes
- Salt and pepper to taste
- 1 tsp olive oil
- Fresh cilantro for garnish (optional)

Steps

- 1 Toast the bread slice until golden and crisp.
- 2 In a bowl, mash the avocado with lemon juice, salt, and pepper.
- 3 Spread the mashed avocado evenly over the toasted bread.
- 4 Sprinkle chili flakes over the avocado spread.
- 5 Drizzle olive oil lightly on top.
- 6 Garnish with fresh cilantro if desired.
- 7 Cut the toast into small bite-sized pieces and serve immediately.