

Spicy Avocado Toast with Cherry Tomatoes

This quick and zesty avocado toast is perfect for a satisfying snack. Topped with fresh cherry tomatoes and a kick of chili flakes, it's a delicious way to enjoy healthy fats and vibrant flavors.



Snack

10 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 ripe avocado
- 1 slice of whole grain bread
- 5 cherry tomatoes, halved
- 1 teaspoon olive oil
- 1/4 teaspoon chili flakes
- Salt and pepper to taste
- Fresh basil leaves for garnish (optional)

Steps

- 1 Toast the slice of whole grain bread until golden brown.
- 2 In a bowl, mash the ripe avocado with a fork until creamy.
- 3 Drizzle in the olive oil and season with salt, pepper, and chili flakes, mixing well.
- 4 Spread the avocado mixture generously over the toasted bread.
- 5 Top with halved cherry tomatoes and garnish with fresh basil leaves if desired.
- 6 Serve immediately and enjoy your spicy avocado toast!