



# AVOCADO TOAST

Preparation: **5** minutes | Cooking: **0** minutes | Servings: **1**

## INGREDIENTS

*2 slices 100% whole wheat bread*  
*1 ripe avocado*  
*1/2 lemon, juiced*  
*Sea salt*

### **Optional toppings:**

*Red pepper flakes*  
*Everything but the Bagel seasoning*



## INSTRUCTIONS

Cut the avocado and remove the pit and skin. Place the inside of the avocado in a small bowl and mash until desired consistency. Add lemon juice and sea salt until preferred taste. Put avocado mixture on toast. Top with red pepper flakes or Everything but the Bagel seasoning for extra flavor.

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*Recipe source: <https://www.loveandlemons.com>*