

Avocado Toast



Introduction

Avocado toast is a delicious and simple breakfast, snack or light meal! Learn how to make the BEST avocado toast with this recipe, plus fun variations.

Prep Time : 3



Cook Time: 2



Total Time: 5



Serving: 1 slice

Ingredients

- **1 slice of bread (I like thick-sliced whole-grain bread best)**
- **½ ripe avocado**
- **Pinch of salt**
- **Optional: Any of the extra toppings suggested in this post**
- **Instructions**

Instructions

1. Toast your slice of bread until golden and firm.
2. Remove the pit from your avocado. Use a big spoon to scoop out the flesh. Put it in a bowl and mash it up with a fork until it's as smooth as you like it. Mix in a pinch of salt (about ⅛ teaspoon) and add more to taste, if desired.
3. Spread avocado on top of your toast. Enjoy as-is or top with any extras offered in this post (I highly recommend a light sprinkle of flaky sea salt, if you have it).

Notes

Make it gluten free: Use gluten-free bread. My assistant Megan recommends Canyon Bakehouse 7-Grain Bread, which she buys at Natural Grocers.