

Avocado Toast



Servings: 1

1 avocado

1 lime, juiced

1 slice bread, toasted

desired toppings

Slice the avocado in half lengthwise. Remove the pit, then peel each half.

To a bowl add the avocado and lime juice. Mash the avocado with a fork. I recommend leaving it just a little chunky.

Spread the avocado mixture on top of the slice of toast. Top with any toppings you would like.

Serve

Per Serving (excluding unknown items): 421 Calories; 31g Fat (60.4% calories from fat); 8g Protein; 38g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 153mg Sodium; 4g Total Sugars; 0mcg Vitamin D; 82mg Calcium; 3mg Iron; 1084mg Potassium; 154mg Phosphorus. Exchanges: .