

RECIPE



AVOCADO TOAST

INGREDIENTS:

- 2 slices whole wheat or multigrain bread
- 1 lg ripe avocado
- 1 tbsp lemon juice
- 3/4 tsp kosher salt
- 1/8 tsp red pepper flakes, a pinch more for over top
- fresh flat leaf parsley (garnish)

DIRECTIONS:

Place two slices of whole wheat or multigrain slices or bread in a toaster and set to desired doneness.

Using a large chef knife with a sharp blade, cut around the avocado lengthwise and twist open. Remove the pit and scoop the inside of the avocado in a medium mixing bowl. Mash up the avocado leaving some chunks. Add in the lemon juice, salt and red pepper flakes and mix until all ingredients are combine well.

When toast is ready, scoop a heaping spoonful on each slice. Cut each slice in half, top with the extra pinch of red pepper flakes and fresh flat leaf parsley, if desired.

Serves: 2

