

AVOCADO TOAST FOR TWO

INSTRUCTIONS:

1. In a small bowl, mash the avocado and stir in cilantro, lime juice, red pepper flakes and a pinch of salt and pepper.
2. Toast bread in your toaster until golden and crispy.
3. Spread half of the avocado mixture over each piece of bread.

RECIPE NOTES:

- Try avocado toast topped with a scrambled or fried egg!

Ingredients List

- 1/2 avocado peeled and pitted
- tablespoons chopped cilantro
- juice of 1/4 lime
- pinch red pepper flakes (optional)
- salt & pepper to taste
- 1 slice whole grain bread