

Avocado Toast on Whole-Grain Bread

Classic Avocado Toast Recipe

This basic recipe is a great starting point and takes only a few minutes to prepare.

Ingredients

- 1 thick slice of whole-grain bread
- ½ ripe avocado
- ½ tsp fresh lemon juice
- A pinch of flaky sea salt
- A pinch of freshly ground black pepper
- A drizzle of extra-virgin olive oil (optional)
- Red pepper flakes (optional)

Instructions

1. Toast the whole-grain bread until golden and crisp.
2. While the bread is toasting, scoop the avocado flesh into a small bowl.
3. Add the lemon juice, salt, and pepper. Mash with a fork to your desired consistency (chunky or smooth).
4. Spread the mashed avocado evenly over the toasted bread.
5. Finish with a drizzle of olive oil, a sprinkle of red pepper flakes, and extra flaky sea salt, if desired.

Tips for perfect Avocado Toast

- Pick a ripe avocado: A ripe avocado will yield slightly to gentle pressure. Avoid avocados that are too hard or too mushy.
- Use sturdy bread: Thick-sliced whole-grain or seeded bread provides a robust base that won't get soggy.
- Mash separately: Mash the avocado in a bowl before spreading to avoid poking holes in the toast and to ensure even seasoning.
- Season generously: Avocado needs plenty of salt to bring out its flavor. A squeeze of lemon juice adds brightness and prevents browning.