



GOURMET AVOCADO TOAST

SERVES 1

Avocado toast has become a breakfast staple for good reason. It's easy to make, delicious, and loaded with healthy fats, fibre and vitamins. To make your avocado toast truly legendary, try these gourmet variations. The result is a breakfast that's both satisfying and Insta-worthy.

EQUIPMENT

Sharp knife + cutting board
Fork + bowl to mash the avocado

INGREDIENTS

1 slice wholegrain or sourdough bread
½ ripe avocado
Salt and pepper to taste
A squeeze of fresh lemon juice

TOPPING IDEAS

Smoked tofu scramble
Cherry tomatoes and fresh basil
Vegan cheese and red pepper flakes
Microgreens and a drizzle of balsamic glaze

DIRECTIONS

- 1 Set the bread to toast while cutting and mashing the avocado and slicing the lemon.
- 1 Spread the mashed avocado on the toast.
- 3 Season with salt, pepper, and lemon juice, and add your favourite toppings.