

Avocado Toast

Serves: 2

Total Time: 7 min

Supplies

- Toaster or pan
- 1 chef's knife
- 1 cutting board

- 1 spoon
- 1 small bowl
- 1 butter knife

Ingredients

- 2 large sourdough bread slices
- 1 ripe avocado
- $\frac{1}{2}$ tsp garlic powder
- 1 tsp lemon or lime juice
- $\frac{1}{8}$ tsp salt, to taste
- 2 tbsp red onion, finely chopped
- $\frac{1}{4}$ tsp red pepper flakes, to taste

- $\frac{1}{2}$ tbsp cilantro or coriander leaves, chopped
- $\frac{1}{2}$ tsp olive oil

Instructions

- Remove the pit from an avocado. Using a spoon, scoop out the flesh, add it to a bowl, and mash it until it's as smooth as you'd like.
- Add lemon juice, garlic powder, and salt to taste and mix well. Adjust the ingredients amount to your taste.

- Toast the bread until crisp and golden brown in a toaster or toast in a pan on medium heat with olive oil.
- Spread the mashed avocado on top of the toast. Garnish it with red onions, cilantro, and red pepper flakes, or use any other toppings you'd like!

