

Avocado Toast

Perfect avocado toast recipe with creamy mashed avocado on crispy bread. Simple, healthy breakfast ready in 5 minutes with endless topping possibilities.

3	2	5	1	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Avocado Toast

Ingredients

- 1 avocado
- 1 slice full grain bread
- 1 pinch pumpkin seed
- 1 pinch sea salt

Instructions

- 1 Toast the bread**

Toast 1 slice of bread in a toaster or toaster oven until golden brown and crispy, about 2-3 minutes depending on your settings.
- 2 Prepare the avocado**

Cut 1 avocado in half lengthwise around the pit. Twist the halves apart and remove the pit with a spoon.
- 3 Scoop the flesh from one avocado half into a small bowl using a large spoon.**
- 4 Mash and season**

Mash the avocado with a fork until mostly smooth with some small chunks remaining. Add 1 pinch of salt and mix until evenly distributed.
- 5 Assemble and serve**

Spread the mashed avocado evenly over the toasted bread slice. Sprinkle with 1 pinch of black pepper and serve immediately.

Tips

Choose avocados that are ripe but not overripe – they should yield slightly to gentle pressure but not feel mushy or have dark soft spots throughout.

Always mash your avocado in a separate bowl rather than directly on the toast to avoid poking holes through the bread and creating a messy presentation.

Toast your bread until it's golden and crispy – this creates the perfect textural contrast with the creamy avocado and prevents the bread from becoming soggy.

Don't skip the salt when mashing your avocado – even just a pinch dramatically enhances the flavor and brings out the avocado's natural taste.

For the best texture, mash avocado with a fork rather than pureeing it completely smooth – a slightly chunky consistency provides more interesting mouthfeel.

If making multiple servings, use a potato masher or pastry cutter for efficiency when mashing larger quantities of avocado.

Different breads toast at different rates – brown bread toasts faster than white due to lower moisture content, while gluten-free bread typically needs more time due to its denser structure.

For oven-toasted bread, bake at 350°F for about 10 minutes, flipping halfway through for even browning on both sides.