

Avokado Tost

Perfect avocado toast recipe with mashed avocado on golden bread. Quick, healthy breakfast ready in 5 minutes with simple ingredients.

3	2	5	1	Easy
HAZIRLIK DK	PIRME DK	TOPLAM DK	PORSİYON	ZORLUK

Avokado Tost

Malzemeler

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

Yapılışı

- Toast the bread**
Toast 1 slice of bread in a toaster or toaster oven for 2-3 minutes until golden brown and crispy on both sides.
- Prepare the avocado**
Cut 1 avocado in half lengthwise and remove the pit. Scoop the flesh from both halves into a small bowl using a spoon.
- Mash the avocado**
Mash the avocado with a fork until it reaches your desired consistency, leaving some small chunks for texture or mashing completely smooth.
- Season the mashed avocado**
Season the mashed avocado with 1 pinch of salt and mix well.
- Assemble and serve**
Spread the seasoned avocado evenly over the toasted bread. Sprinkle with 1 pinch of additional salt on top and serve immediately.

İpuçları

Choose avocados that yield slightly to pressure but aren't mushy. Avoid overripe fruit with brown spots, as it will create a watery, unappetizing texture on your toast.

Always season your mashed avocado with salt – even just a pinch transforms the flavor from bland to delicious. Taste and adjust seasoning as needed.

Toast your bread until it's golden and crispy on both sides. Properly toasted bread provides the sturdy foundation needed to support toppings without becoming soggy.

Mash avocado in a separate bowl rather than directly on the toast to avoid tearing holes in your bread. Use a fork or spoon to achieve your desired consistency.

Add a squeeze of lemon or lime juice to prevent browning and enhance flavor. The citric acid keeps the avocado looking fresh and adds a bright note.

Different bread types require different toasting times. Dense whole grain breads need longer than white bread, while gluten-free varieties often need lower heat settings.

For meal prep, store mashed avocado with citrus juice in an airtight container, pressing plastic wrap directly onto the surface to minimize air exposure.

If making multiple servings, use a potato masher or pastry cutter for easier mashing rather than struggling with a fork or spoon.