

Mashed Avocado Toast

A ripe avocado is as easy to mash as butter! And it's rich, yummy, and filling — the perfect topper for a piece of toast. This makes a good breakfast, lunch, or snack.

Makes: 2 servings

Prep/Cook Time: 10 minutes

Source: chopchopfamily.org

Ingredients

- 2 slices whole-wheat or whole-grain bread, lightly toasted
- 1/2 ripe avocado, peeled, pitted, and sliced
- Lemon or lime wedges
- pinch salt

Directions

1. Put the toast on a plate or countertop and top each piece with half the avocado slices.
2. Use the fork to gently mash them.
3. Sprinkle with a pinch of salt and squeeze a lemon or lime wedge over each slice. Serve right away.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	172
Total Fat:	10.7 g
Saturated Fat:	2.3 g
Cholesterol:	0 mg
Sodium:	135 mg
Total Carbohydrates:	15.9 g
Dietary Fiber:	5.3 g
Total Sugars:	1.8 g
Added Sugars:	0 g
Protein	4.6 g

Utensils Needed

- Cutting board
- Sharp knife
- Fork
- Butter knife

SHOPPING LIST

Average total cost without oil and seasonings: \$6.09

Average cost/serving: \$3.05

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Whole Grain Bread (1 loaf)



Add 1 to Cart
Ripe avocado



Add 1 to Cart
Lemon

SAVE TIME, SAVE MONEY

My Cooking Notes

Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from snapedny.org for the following ingredients.
- Avocado:
 - Guacamole
 - Mexican Chicken Salad
- Whole Grain Bread:
 - Tomato Brushetta
 - Fantastic French Toast