



## Avocado Toast

### INGREDIENTS:

- 1 slice whole wheat bread
- ½ ripe avocado, peeled, seeded, mashed or sliced
- 2 slices fresh tomato, optional
- Black pepper, to taste
- Sea salt, to taste

### DIRECTIONS:

1. Toast 1 slice of whole wheat bread.
2. Wash avocado, remove seed, slice or mash flesh.
3. Top toast with ½ avocado, sliced or mashed.
4. Top with tomato slices, salt and pepper

**Source:** *Cooking with Extension Cookbook* / **Yield:** 1 serving; 190 Calories per serving.  
Total fat 11g; Protein 5g; Total carbohydrate 19g; Dietary fat 7g, Sodium 290mg.