

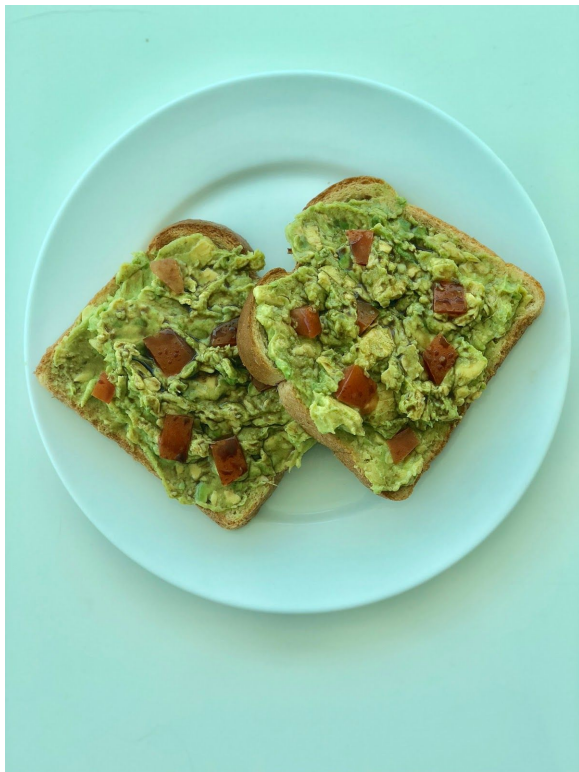
The Ultimate Recipe Book... of Avocado Toast



By: Allegra
Giussani

RECIPE

Avocado Toast with Tomatoes and Vinegar



Ready in

10 minutes

Serves **1-2 people**

Ingredients

- Any type of bread (I prefer whole wheat square bread)
- Avocado (1 avocado makes two slices)
- 1 roma tomato
- Balsamic vinegar

Preparation

1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread.
5. Grab your tomato and start dicing it (cutting it into little chunks).
6. Put the little chunks all over your toast and finish it off by putting some balsamic vinegar.

Tips

- If you want more flavor, you can add ingredients such as lemon juice, olive oil, and salt and pepper to the avocado spread (add while smashing avocado).

RECIPE

The Avocado Scrambler



Ready in **15 minutes**

Serves **1-2 people**

Ingredients

- Avocado (1 avocado = 2 pieces of toast)
- Bread (I used whole wheat square bread)
- 1 egg = 2 pieces of toast
- Black pepper

Preparation

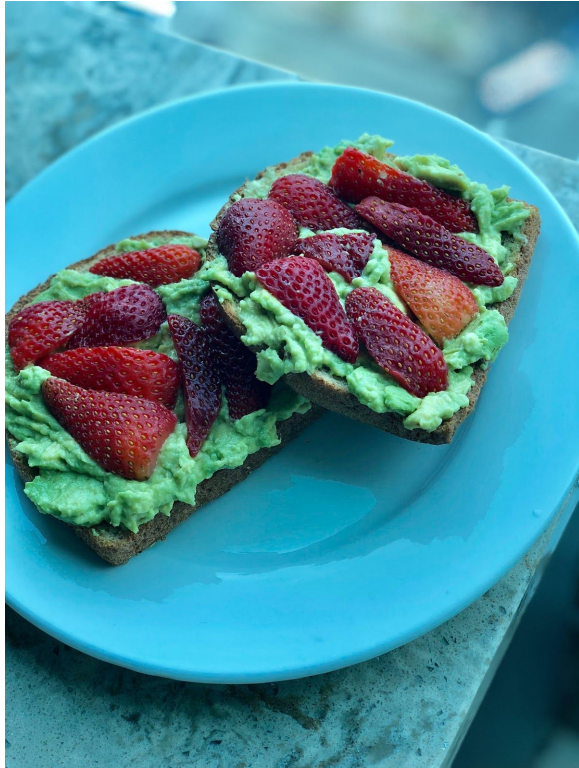
1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread.
5. Take a pan and grease it.
6. Crack an egg in a bowl and mix the eggs (with yolk).
7. Pour egg mixture into pan and take a spatula and scrape the eggs toward the center.
8. Place egg on toast and sprinkle pepper (optional).

Tips

If you are not a fan of scrambled eggs, you can modify the recipe by using fried eggs or sunny-side up. Also, you can add any seasoning of choice like garlic powder and/or chia seeds. The options are endless!

RECIPE

Strawberry Avocado Toast



Ready in **7 minutes**

Serves **1-2 people**

Ingredients

- Avocado (1 avocado=2 slices)
- Bread (I use whole wheat square bread)
- Strawberries
- Lemon juice

Preparation

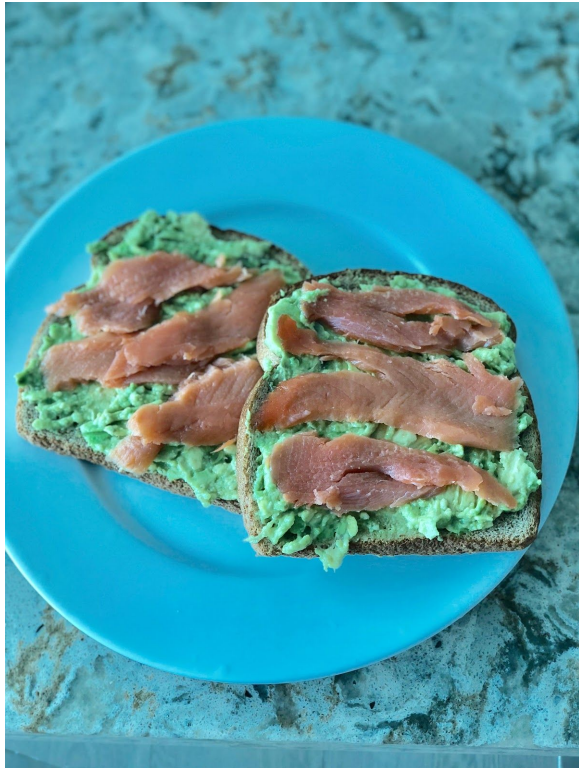
1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread.
5. Cut strawberries into little chunks and put them on the toast.
6. Add lemon juice for flavor!

Tips

There are other berries you could substitute in for the strawberries. Those include raspberries, blackberries, blueberries, and even bananas.

RECIPE

Salmon Avocado Toast



Ready in **6 minutes**

Serves **1-2 people**

Ingredients

- Avocado (1 avocado=2 slices)
- Bread (I use whole wheat square bread)
- Smoked salmon

Preparation

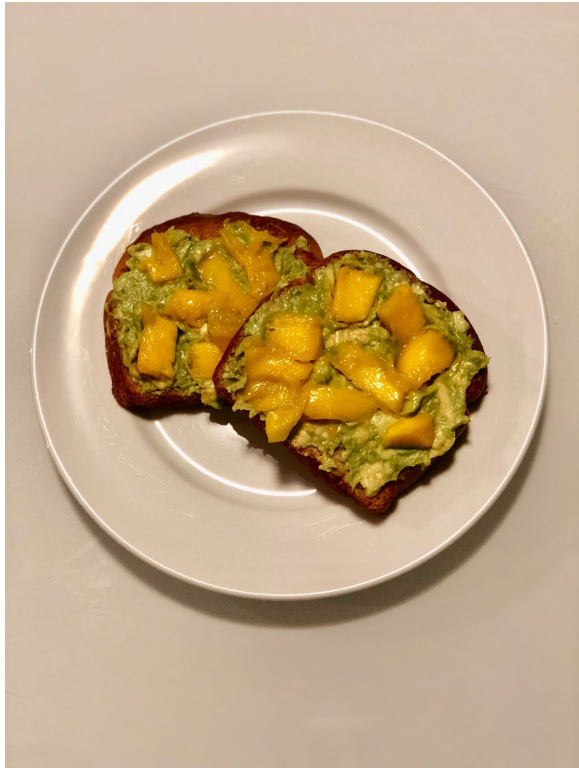
1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread
5. Put smoked salmon onto your bread.

Tips

Add any seasoning(s) of choice. I prefer mine plain.

RECIPE

Mango Tango Avocado Toast



Ready in **10 minutes**

Serves **1-2 people**

Ingredients

- Avocado (1 avocado=2 slices)
- Bread (I use whole wheat square bread)
- Mango (I used half of a mango)

Preparation

1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread
5. Peel a ripe mango.
6. Cut the mango into little chunks.

Tips

This is a really simple recipe!

RECIPE

The Avo-Veggie Toast



Ready in **20-25 minutes**

Serves **1-2 people**

Ingredients

- Avocado (1 avocado=2 slices)
- Bread (I use whole wheat square bread)
- Carrots
- Zucchini

Preparation

1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread
5. Set your oven to 400 degrees Fahrenheit.
6. Peel and cut your zucchini and carrots.
7. Place them on a parchment-lined baking sheet with a little bit of olive oil and salt.
8. Bake for fifteen minutes or until golden brown on edges.
9. Place vegetables on toast.

Tips

There are so many vegetables that you can use instead of zucchini and carrots. I really like eggplants and peppers for this recipe as well.

RECIPE

Spicy Avocado Toast with Chickpeas



Ready in **10 minutes**

Serves **1-2 people**

Ingredients

- Avocado (1 avocado = 2 pieces of toast)
- Bread (I use whole wheat square bread)
- Garbanzo beans (chickpeas)
- Sriracha sauce

Preparation

1. Start by toasting your bread (I keep the bread in the toaster till golden brown).
2. Cut your avocado in half and begin to scrape all the avocado out of it.
3. Put your avocado in a bowl and with the tines of a fork, smash the avocado till it gets to a spread like consistency.
4. Spread the avocado onto your bread.
5. Sprinkle your chickpeas (Garbanzo beans) on top of your toast.
6. Lastly, put your Sriracha sauce on the toast.

Tips

- Everyone has different tolerances to spice, if you find Sriracha sauce to be too spicy or not enough spicy, then you can switch the sauces. Tabasco sauce is another example of what you can use.