How to Make Avocado Toast

Ingredients:

- 1 slice of whole-grain bread
- 1 ripe avocado
- A pinch of salt
- A sprinkle of black pepper
- Optional: A drizzle of olive oil

Steps:

1. Toast the bread until it becomes golden brown.
2. Cut the avocado in half, remove the seed, and scoop out the flesh.
3. Mash the avocado with a fork in a small bowl.
4. Spread the mashed avocado evenly over the toast.
5. Sprinkle a pinch of salt and black pepper on top.
6. Drizzle olive oil if desired.
7. Serve and enjoy your nutritious avocado toast!

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