How to Make Avocado Toast

Ingredients:

1. 1 slice of whole grain bread
2. 1 ripe avocado
3. A pinch of salt
4. A sprinkle of black pepper
5. 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!

To make avocado toast, you will need a slice of whole grain bread, a ripe avocado, a pinch of salt, a sprinkle of black pepper, and optionally, a drizzle of olive oil. Start by toasting the bread until it becomes golden brown. Then, cut the avocado in half, remove the seed, and scoop out the flesh into a small bowl. Mash the avocado with a fork until it reaches a smooth consistency. Spread the mashed avocado evenly over the toasted bread. Sprinkle a pinch of salt and black pepper on top for flavor, and if desired, drizzle a little olive oil for extra richness. Finally, serve and enjoy your nutritious avocado toast!

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