

Super Simple Avocado Toast Two Ways



Avocado toast seems to be popping up everywhere! This food trend shows no sign of stopping, and for good reason. In whatever iteration you try, avotoast makes a fast and satisfying plant-based meal option that's nutrient-dense and packed with health benefits.

These savoury and sweet versions boast high amounts of stress-busting B vitamins, especially folate (and B12 in the nooch variety), vitamin C, and magnesium, hormone health-balancing zinc, blood-boosting iron, antioxidant carotenoids and polyphenols, plus protein, unsaturated fats, enzymes... I know I'm in love! Which one is your favourite?

Ingredients:

Savoury Café Zest Fest

- 1 slice sprouted-grain toast
- ½ avocado, thinly sliced or mashed
- Juice of ¼ fresh lemon
- 1 tsp. nutritional yeast, or more to taste
- Pinch red chili flakes
- Pinch Celtic sea salt

Sweet Summer Strawberry Romance

- 1 slice sprouted-grain toast
- ½ avocado, thinly sliced or mashed
- ½ to 1 tsp. maple syrup, to taste
- ¼ to ½ tsp. raw cacao powder, to taste
- 3 or 4 fresh strawberries, cut in half

Directions:

Toast bread to desired doneness. Mash avocado in a small bowl or slice, and arrange on toast. If mashing, add the lemon juice for Savoury version, or maple syrup for Sweet version.

For Savoury version: sprinkle on lemon juice if using slices, nutritional yeast, chili flakes, and sea salt (OR mash all Savoury ingredients together in a bowl and spread on toast for the quick-and-dirty).

For Sweet version: drizzle on maple syrup if using slices, and about half the cacao powder. Arrange strawberries on top. Sprinkle on the rest of the cacao powder as desired.

Serve. Makes 1 slice of each.