



Avocado Toast

SERVINGS

2

TIME

15 minutes

INGREDIENTS

- 4 slices crusty sourdough bread (or other sturdy bread)
- 1 clove garlic
- 1 large or 2 small avocados
- flakey salt and coarse pepper
- dash of paprika
- 1 lemon or lime
- tomato (optional)
- corn (optional)
- herbs (optional)
- balsamic vinegar or syrup (optional)
- egg (optional)

EQUIPMENT

- Toaster oven
- Cutting board and knife
- Bowl
- Fork
- Skillet and spatula, if making an egg

DIRECTIONS

- Toast bread to desired doneness.
- While bread is toasting slice the avocado in half by cutting all the way around the avocado lengthwise. Remove avocados from skin using a spoon. Place avocados in a bowl. Squeeze juice from lime and add to avocado in the bowl. Mash with a fork.
- Remove toast from toaster. Peel garlic and rub the clove over the bread while still warm. Then drizzle bread with olive oil and sprinkle with salt. Spread mashed avocado on top.
- Garnish with a sliced tomato, a scrambled or fried egg, a sprinkle of herbs, a few kernels of corn, or anything else that comes to mind!

TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Let the kids take charge of this recipe, helping with the toaster and knife if needed.
- Think of it as an edible piece of art. Encourage them to get creative with the toppings.
- Let them try their hand at making a fried egg.

