

Avocado 'Toast'

oil free, vegan, (gluten-free optional)

PREP TIME: 3 minutes

COOK TIME: 1 minute

TOTAL TIME: less than 5 minutes

SERVINGS: 1

INGREDIENTS

1 Light Multigrain English Muffin (or other high-fiber or gluten-free bread)

1 medium Avocado

2 Tomato slices

Salt & Pepper to taste

Lime juice (optional)

Everything Bagel Seasoning (optional)



INSTRUCTIONS

1. Separate English muffin halves and toast to desired doneness.
2. While muffin is toasting, cut the avocado in half, remove the pit, and squeeze or scoop flesh into a small bowl.
3. Lightly mash the avocado with a fork, leaving some small chunks.
4. Season mashed avocado with salt and pepper (and lime juice, if using), and stir to incorporate.
5. Layer toasted English muffin halves each with a slice of tomato, then add half of the mashed avocado mixture to each.
6. Sprinkle with additional salt, pepper, and Everything Bagel seasoning. Enjoy!