

4 Ways

Avocado Toast

Base Ingredients for All Toasts (Makes 1 serving per toast)

- 1 slice of whole-grain bread (toasted)
- ½ medium ripe avocado
- Salt and pepper to taste



1. Bacon-Topped Avocado Toast

Toppings:

- 2 slices of cooked crispy turkey bacon, crumbled(may use pork bacon or bacon bites if you choose)

Instructions:

1. Mash avocado on the toasted bread.
2. Sprinkle with salt and pepper.
3. Top with crumbled bacon.

Nutrition per serving:

- Calories: 230
- Protein: 7g
- Carbs: 21g
- Fat: 14g

2. Avocado Toast with Diced Tomato & Red Onion

Toppings:

- ¼ cup diced tomatoes
- 1 tablespoon diced red onion
- 1 teaspoon olive oil
- ¼ teaspoon Italian seasoning (or seasoning of choice)

Instructions:

1. Mix diced tomatoes, red onion, olive oil, and seasoning in a bowl.
2. Mash avocado on the toasted bread.
3. Top with the tomato mixture.

Nutrition per serving:

- Calories: 210
- Protein: 4g
- Carbs: 22g
- Fat: 12g



3. Smoked Salmon Avocado Toast

Toppings:

- 1 oz smoked salmon
- Optional: squeeze of lemon, capers, or dill for garnish

Instructions:

1. Mash avocado on the toasted bread.
2. Sprinkle with salt and pepper.
3. Layer with smoked salmon.
4. Garnish with lemon juice, capers, or dill if desired.

Nutrition per serving:

- Calories: 240
- Protein: 10g
- Carbs: 21g
- Fat: 14g

4. Avocado Toast with Poached Egg

Toppings:

- 1 poached egg
- Optional: sprinkle of red pepper flakes

Instructions:

1. Mash avocado on the toasted bread.
2. Sprinkle with salt and pepper.
3. Place the poached egg on top.
4. Garnish with red pepper flakes if desired.

Nutrition per serving:

- Calories: 230
- Protein: 9g
- Carbs: 21g
- Fat: 13g

Notes:

Nutritional facts may vary based on the type of bread used and additional garnishes. These recipes can easily be customized by adding microgreens, feta cheese, or additional seasonings.

Enjoy!