

# Avocado Toast

Servings: 4 | Prep/cook time: 10 minutes

## Ingredients:

1 avocado, halved, pitted and peeled  
Salt and pepper  
4 slices whole grain or whole wheat bread  
1 clove garlic, peeled and halved  
2 tbsp. unsalted butter, softened  
Crushed red pepper flakes, optional



## Directions:

1. Using a fork, mash avocado in a bowl. Add salt and pepper to taste.
2. Toast bread. Rub 1 side of each slice with garlic.
3. Lightly butter each piece of toast.
4. Add mashed avocado evenly to each piece and top with salt, pepper and crushed red pepper flakes if desired.