

Meyer Lemon Avocado Toast

Jacob · 29/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2

Description

I like making this Meyer lemon avocado toast when I have a ripe avocado I don't want to waste. It is absolutely delicious and a wonderful source of fiber and fatty acids. Feel free to get creative with the ingredients. Substitute cilantro with mint or parsley or chia seeds with sesame or poppy seeds.

Ingredients

- 2 slices whole grain bread - ½ avocado - 2 tablespoons chopped fresh cilantro
- or more to taste - 1 teaspoon Meyer lemon juice
- or to taste - ¼ teaspoon Meyer lemon zest - 1 pinch cayenne pepper - 1 pinch fine sea salt - ¼ teaspoon chia seeds

Instructions

1. Toast bread slices to desired doneness
2. 3 to 5 minutes. Mash avocado in a medium bowl; stir in cilantro
3. Meyer lemon juice
4. Meyer lemon zest
5. cayenne pepper
6. and sea salt until well combined. Spread avocado mixture onto toast and top with chia seeds.