



Lemon and Cayenne Avocado Toast

INGREDIENTS

- 2 slices bread (whole grained is best)
- 1/2 avocado
- 2 tbsp chopped fresh mint
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 1 pinch cayenne pepper
- 1 pinch fine sea salt
- 1/4 tsp chia seeds

DIRECTIONS

- 1) Toast bread
- 2) Mash avocado. Add mint, lemon juice, cayenne, and salt to avocado
- 3) Spread avocado mixture on toast and top with chia seeds

Enjoy!



Prep Time: 7 minutes

Total Time: 7 minutes

Serves: 1