



Microgreens Avocado Toast

INGREDIENTS

- 1/2 an avocado
- 2 slices of bread
- One cup of the microgreens
- Pinch of salt

DIRECTIONS

- 1) Toast the bread
- 2) Remove avocado from peel and cut in half
- 3) Spread avocado on toast
- 4) Add the microgreens on top
- 5) Sprinkle on salt to your taste

Enjoy!



Prep Time: 2 minutes

Cook Time: 3 minutes

Total Time: 5 minutes

Serves: 1 (makes two pieces of toast)