

The Ultimate Avocado Toast

Prep: 2 mins

Cook: 2 mins

Total: 4 mins

Servings: 2 servings

Yield: 2 toasts

Avocado toast may get some eye rolls for being such a super trendy food, but this healthy breakfast item is here to stay. It's not hard to see why: crispy whole grain bread and mashed avocado pair incredibly well, creating the perfect crunchy, creamy bite. The possibilities for toppings are also endless!

This recipe was inspired by the original avocado toast from New York City's Cafe Gitane, which is "New York's first" avocado toast, according to the restaurant's website. In addition to this essential version of avocado toast, we've included several variations to help take your toast to the next level (and inspire you to come up with your own flavorful version).

The Best Bread for Avocado Toast

A hearty multigrain bread works best for avocado toast because it holds up underneath the thick avocado mash and has tons of great flavor to add to the mix. But if you don't have any multigrain, feel free to use whatever loaf you have on hand.

5 Secrets for the Best Avocado Toast

- Use ripe avocados: Before you cut into your avocado for this recipe, be sure it's nice and ripe so it's easy to mash. It should be dark green or almost black, have bumpy skin, and yield slightly if you give it a gentle squeeze.
- Don't skip the lemon juice: Freshly squeezed lemon juice is an essential ingredient in avocado toast—not just to keep the avocado from browning prematurely, but also because the citrus boosts the overall deliciousness, adding tartness to the rich avocado.
- Add a drizzle of olive oil: Olive oil not only contributes to the luxuriousness of avocado toast, it also adds a bit of fruity, peppery flavor and a pleasant hint of sharpness to the mix.
- Choose flaky salt: While you can use any type of salt for this recipe, a flaky sea salt such as Maldon really shines on avocado toast, and the large flakes make for an inviting presentation, too.
- Sprinkle on some red pepper flakes: While not essential, a few red pepper flakes add to the visual appeal of avocado toast and add a pleasant bite of heat.

What's the Difference Between Avocado Toast and Guacamole Toast?

Avocado toast consists of not much more than mashed avocado spread on toast. Meanwhile, guacamole toast is just what it sounds like—toast spread with guacamole, which is made from mashed avocado with add-ins such as onion, cilantro, and chiles.

What to Serve with Avocado Toast

Poached eggs, fried eggs, scrambled eggs, and hard-boiled eggs all pair wonderfully with avocado toast, whether you serve them on the side or pop them on top. If you are serving avocado toast for lunch or dinner, you can round out the meal with a side salad or a bowl of soup. Or pick from one of the many avocado toast toppers below the recipe.

Ingredients

- 2 thick slices multigrain toast
- 1 avocado
- 1 teaspoon lemon juice, freshly squeezed
- 1 teaspoon olive oil
- 1/8 to 1/4 teaspoon red pepper flakes
- 1/8 to 1/4 teaspoon sea salt, flaky if possible

Steps to Make It

1. Gather the ingredients.
2. Toast the bread slices to your desired level of crunchiness.
3. Cut, pit, and remove the avocado from its peel.
4. Mash avocado with a fork in a small bowl until it reaches your desired texture. Mix in the lemon juice as you mash. A fork works best but you can also use a mortar and pestle if you wish.
5. Divide the avocado mixture between the two slices of toast. Drizzle olive oil over the top of each slice. Add a sprinkle of the red pepper flakes and salt to each piece and serve immediately.

8 Great Avocado Toast Variations

- Avocado Toast with Feta: Lemon juice, crumbled feta, and sliced cherry tomatoes combine to make a salty, tangy garnish that pops with a hint of sweetness.
- Queso Fresco Avocado Toast: Mexican queso fresco is another irresistible crumbly and salty cheese that pairs perfectly with mashed avocado. Add a sprinkle of chili powder and a dash of lime juice to give your toast even more flavor.
- Avocado Toast with Poached Egg: Everything's better when you put an egg on it, including avocado toast! A squeeze of hot sauce and sea salt make this everything you want out of breakfast.
- Creamy Sriracha, Radish, and Scallion Avocado Toast: For extra crunch and a spicy kick, add sliced scallions, radishes, and a drizzle of Sriracha mayo.
- Everything Bagel Avocado Toast: Sprinkle a little everything bagel seasoning on top before serving. Or spread your mashed avocado on a toasted everything bagel.
- Tomato Basil Balsamic Avocado Toast: Transport yourself to the Italian coast with some beautiful sliced red tomatoes, a drizzle of balsamic vinegar, and roughly torn basil leaves.
- Garlicky Avocado Toast: Rub your multigrain toast with a cut garlic clove before topping with the mashed avocado.
- Avocado Toast with Seeds: Sprinkle your avocado toast with pepitas or other seeds or nuts.