

Recipe

MY FAVORITE AVOCADO TOAST

THE GOODS:

- 1 avocado, sliced
- 2 slices of your favorite bread
- 2 teaspoons avocado or olive oil
- 1 teaspoon Himalayan sea salt
- 1 watermelon radish, sliced (If unavailable, use any type of radish)
- 1/4 cup microgreens
- Optional: your favorite protein (such as smoked salmon, poached egg, or nitrate-free turkey bacon)

THE METHOD:

Toast bread under broiler or in toaster until your bread is golden brown. Drizzle with oil.

Mash avocado onto toast. Sprinkle with Himalayan sea salt.

Top with sliced watermelon radish and microgreens. Finish it off with your favorite protein.

Boulder Nutrition