

Mediterranean Avocado Toast Recipe

Category: Breakfast

Author: EasyPlateRecipe

Prep Time: 10 min

Cook Time: 30 min

Total Time: 40 min

Servings: 4

Difficulty: Easy

Calories: 320

Excerpt

A delicious and healthy Mediterranean Avocado Toast recipe, perfect for breakfast or as a snack.

Ingredients

- 2 ripe avocados avocado
- 1 loaf whole grain bread
- 1/4 cup extra virgin olive oil
- 2 cloves garlic
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Toast the bread: Preheat a toaster or toaster oven to 350°F (180°C). Toast the bread until it's lightly browned and crispy.
2. Mash the avocado: Cut the avocado in half and remove the pit. Mash the avocado in a bowl with a fork until it's smooth.
3. Assemble the toast: Spread the mashed avocado on top of the toasted bread. Sprinkle the feta cheese, parsley, and mint on top of the avocado.
4. Season with salt and pepper: Season the toast with salt and pepper to taste.

Tips

- Use ripe avocados: Make sure to use ripe avocados for the best flavor and texture.
- Don't over-mash the avocado: Mash the avocado just until it's smooth, but still has some texture.

FAQs

- Can I use other types of cheese?
Yes, you can use other types of cheese, such as goat cheese or ricotta cheese.
- Can I add other toppings?
Yes, you can add other toppings, such as cherry tomatoes or sliced red onion.

Notes

Mediterranean Avocado Toast is a delicious and healthy breakfast or snack option. The combination of ripe avocados, whole grain bread, and crumbled feta cheese provides a creamy and satisfying texture. The addition of fresh parsley and mint adds a bright and refreshing flavor.

This recipe is easy to make and requires only a few ingredients. Simply toast the bread, mash the

avocado, and assemble the toast with the feta cheese, parsley, and mint. Season with salt and pepper to taste.

Mediterranean Avocado Toast is a great option for a quick and easy breakfast or snack. It's also a healthy option, with a good balance of protein, healthy fats, and complex carbohydrates.