

Recipe of the Week

October 30, 2018



Meyer lemon avocado toast

A Sure, it might be a Millennial thing, but there's good reason for its popularity: it's healthy, wholesome and delicious. All those fatty acids and nutritious fiber won't be put to waste! So, go ahead, be trendy.

Ingredients

- 2 slices whole grain bread
- 1/2 avocado
- 2 tablespoons chopped fresh cilantro, or more to taste
- 1 teaspoon Meyer lemon juice, or to taste
- 1/4 teaspoon Meyer lemon zest
- 1 pinch cayenne pepper
- 1 pinch fine sea salt
- 1/4 teaspoon chia seeds

Directions

1. Toast bread to desired doneness, 3-5 minutes.
2. Mash avocado in a bowl, then stir in cilantro, lemon juice, lemon zest, cayenne pepper and sea salt. Spread avocado mixture onto toast and top with chia seeds. Enjoy!

Recipe adapted from All Recipes