



California Avocado Toast Three Ways



Total time: 10 min

Prep time: 5 min

Cook time: 5 min

Mashed or sliced California Avocados on toast are easy and delicious for breakfast or for a snack, and can be added to in many different ways to for a craveable taste sensation. Here are three favorite ways to top California Avocado Toast.

Ingredients

Serving Size: 1

| | |
|------------------|--|
| 1 | slice bread (try thick, crusty artisan breads, sourdough, rye, wheat, multigrain or whatever bread you prefer) |
| 1/2 | ripe, Fresh California Avocado, peeled, seeded and mashed |
| 1 | egg – Optional |
| 2 | slices heirloom or beefsteak tomato – Optional |
| 2 | slices cooked bacon (try maple bacon, peppercorn bacon, turkey bacon or veggie bacon) – Optional |
| As needed | Fresh cracked pepper – Optional |
| As needed | Sea salt to taste – Optional |



Remember to check the label when you shop.

NOW in season!

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Instructions

California Avocado Toast with Fried Egg

1. Toast 1 slice bread and spread with 1/2 ripe, Fresh California Avocado (mashed or sliced). Spray a small nonstick skillet with cooking spray and fry one egg as desired.
2. Place cooked egg onto avocado toast, sprinkle with salt and pepper if desired.

California Avocado Toast with Heirloom Tomatoes

1. Toast 1 slice bread, spread with 1/2 ripe, Fresh California Avocado (mashed or sliced) and 2 slices heirloom or beefsteak tomato.
2. Top with fresh cracked pepper and sea salt to taste.

California Avocado Toast with Bacon

1. Toast 1 slice bread, spread with 1/2 ripe, Fresh California
2. Avocado (mashed or sliced) and 2 slices cooked bacon.

California Avocado Toast with Fried Egg

Calories 260; Total Fat 17 g (Sat 3 g, Trans 0 g, Poly 2.3 g, Mono 9 g); Cholesterol 185 mg; Sodium 490 mg; Potassium 450 mg; Total Carbohydrates 19 g; Dietary Fiber 6 g; Total Sugars 3 g; Protein 10 g; Vitamin A 381 (IU); Vitamin C 7.7 mg; Calcium 214 mg; Iron 2.3 mg; Vitamin D 41 (IU); Folate 115 mcg; Omega 3 Fatty Acid 0.1 g

% Daily Value: Vitamin A 8%; Vitamin C 15%; Calcium 20%; Iron 10%*

California Avocado Toast with Heirloom Tomatoes

Calories 200; Total Fat 13 g (Sat 1.5g, Trans 0 g, Poly 1.5 g, Mono 7 g); Cholesterol 0 mg; Sodium 360 mg; Potassium 480 mg; Total Carbohydrates 20 g; Dietary Fiber 6 g; Total Sugars 4 g; Protein 4 g; Vitamin A 382 (IU); Vitamin C 14 mg; Calcium 192 mg; Iron 1.6 mg; Vitamin D 0 (IU); Folate 103.5 mcg; Omega 3 Fatty Acid 0.09 g

% Daily Value: Vitamin A 8%; Vitamin C 25%; Calcium 20%; Iron 8%*

California Avocado Toast with Bacon

Calories 280; Total Fat 19 g (Sat 4 g, Trans 0 g, Poly 2 g, Mono 10 g); Cholesterol 20 mg; Sodium 500 mg; Potassium 470 mg; Total Carbohydrates 19 g; Dietary Fiber 6 g; Total Sugars 3 g; Protein 10 g; Vitamin A 110 (IU); Vitamin C 7.7 mg; Calcium 187 mg; Iron 1.6 mg; Vitamin D 6 (IU); Folate 98 mcg; Omega 3 Fatty Acid 0.1 g

% Daily Value: Vitamin A 2%; Vitamin C 15%; Calcium 20%; Iron 10%*

*Percent Daily Values are based on a 2,000 Calorie diet. Your Daily Values may be