

## Avocado Toast

Recipe from: [thefarmersdaughterok.com](http://thefarmersdaughterok.com)

Servings: 2

### ***Ingredients:***

- 2 slices of toast (I use Ezekial 4:9 bread)
- One whole avocado
- Sea salt (to taste)
- Pepper (to taste)
- Freshly squeezed lemon juice (to taste)
- Red pepper flakes (optional)

Mash the avocado in a small bowl with salt, pepper, lemon juice, and red pepper flakes (optional). Spread on your toast. When making a meal out of it, I like to top mine with an egg for added protein.

