RECIPE

Whole-Grain Avocado Toast

A five-minute breakfast of crisp multigrain toast under mashed avocado, lemony kale, radish and sunflower seeds, with the salt measured to a small amount.

MAKES

2 servings US Metric

TOTAL

10 min

Ingredients

- [ ] 4 slices multigrain bread (4 × 26 g = 104 g)
- [ ] ¾ cup cubed ripe avocado (112.5 g, about ¾ of a medium avocado)
- [ ] ½ lemon, juiced (about 24 g juice)
- [ ] 0 tsp salt
- [ ] ¼ tsp black pepper
- [ ] 1 cup shredded kale, stems removed
- [ ] 1 tsp olive oil
- [ ] 4 medium radishes, thinly sliced (4 × 4.5 g = 18 g)
- [ ] 3 tbsp unsalted roasted sunflower seeds

Method

1. Toast the bread until it is crisp and golden, so it holds the avocado without going soft.
2. Put the kale in a bowl with the olive oil and half of the lemon juice. Rub it with your fingers for about 1 minute, until it softens and darkens.
3. Mash the avocado in a second bowl with a fork, leaving some small chunks. Stir in the remaining lemon juice, the salt and the pepper.
4. Spread the avocado over the 4 slices. Top with the kale, the radish slices and the sunflower seeds.
5. Eat right away, 2 slices each. The avocado browns within about an hour; a squeeze of lemon over a cut avocado slows it, but this is a recipe to make and eat.