




SERVES: 01
EST. COST: \$2.50 SERVING

AVOCADO TOAST

ACTIVE: 10 MIN
TOTAL TIME: 10 MIN

INGREDIENTS		DIRECTIONS	
GARLIC YOGURT		01.	Make the garlic yogurt. In a small bowl, add the greek yogurt, garlic, and salt. Stir it and then add more salt if needed.
1/4 cup	greek yogurt – plain	02.	In another bowl, mash the avocado then stir in the lemon juice, dried oregano, sesame seeds, sumac, and salt.
1 tsp	garlic – minced	03.	Toast your bread, spread on the avocado mixture, and add a big smear of the yogurt. Top with radish slices (optional, but looks pretty and adds crunch) and sprinkle with more sumac.
A pinch of	salt		
AVOCADO TOAST			
1/2	large avocado – mashed		
1 tsp	lemon juice		
1/2 tsp	dried oregano		
1/2 tsp	sesame seeds		
1/4 tsp	sumac		
1/8 tsp	salt		
1	slice of bread – toasted		
1	radish – thinly sliced		
EQUIPMENT			
			
Paring Knife	Cutting Board	Toaster	