



8 Fresh Ways to Love Avocado Toast

Avocado toast has gone from café novelty to everyday staple thanks to brunch culture and social media, where it became a symbol of a simple, attractive meal you could recreate at home. It's fast, nutritious, filling, relatively cheap, and easy to make your own.

Does your avocado toast make you go "WOW!", or is it just a green blob on white bread? The difference comes down to the foundation and a few small choices.

Avocados are a good source of healthy monounsaturated fat, fiber, potassium, and other protective nutrients. Pair it with a hearty bread and a few colorful add-ons, and you can go from a forgettable snack to a power meal that actually sticks with you. (And avo toast works all day—it's not just for breakfast!)

Why the bread matters. The bread you choose sets the tone. Whole grain or intact-grain bread adds more fiber, protein, and minerals than refined white bread. A bakery or fresh-baked loaf (sliced nice and thick) is often a better choice than packaged sandwich bread. It has a sturdy crust and crunchy-chewy texture that make avocado toast especially satisfying, and it usually skips preservatives. It does spoil faster, but it's so good that it rarely lasts long. If you want to plan ahead, slice and freeze it.

For packaged bread, look for whole grains listed first on the label, visible grains or seeds, and at least 2 grams of fiber per slice. Sourdough made with whole grains works particularly well.

Start with a good avocado. You want an avocado that gives slightly when you press it, not one that feels mushy. If it's rock hard, it's not ready yet. If it's very soft or has sunken spots, it's probably past its prime.

To plan ahead, buy a mix. One ripe avocado for now, one firmer one for later in the week. If you need to speed things up, leave an avocado on the counter next to a banana. If it's ripe and you're not ready to use it, move it to the fridge to slow things down.

For reference, a filling serving is two hearty slices of bread (2 thick slices from narrow loaves, or 1 thick slice from a large loaf, cut in half), each topped with about half an avocado.

Once you've got the basics down (see recipe at the end), the fun part is mixing and matching flavors, colors, and textures. Here are eight variations that go beyond salt and pepper without getting fussy.

- 1. Citrus crunch.** Mashed avocado with fresh lemon juice, chopped mandarin oranges, toasted pistachios, and a pinch of chili flakes.
- 2. Tomato and herb.** Avocado smashed with a drizzle of olive oil, topped with sliced cherry tomatoes, fresh basil or parsley, and cracked black pepper.
- 3. Everything bagel vibes.** Mashed avocado with lemon and garlic, sprinkled with everything bagel seasoning and a few sliced radishes for crunch.
- 4. Mediterranean-inspired.** Avocado mashed with lemon, topped with chopped cucumber, olives, and a spoonful of plain yogurt or labneh. Finish with oregano or za'atar.
- 5. Sweet-savory breakfast.** Avocado spread thin, topped with sliced strawberries, chopped walnuts, and a light drizzle of honey or maple syrup.
- 6. Heat and crunch.** Mashed avocado with lime, topped with pickled red onions, shredded cabbage or slaw mix, and hot sauce.
- 7. Green goddess.** Avocado mixed with lemon, garlic, and a little chopped spinach or arugula, then topped with sunflower seeds and flaky salt.
- 8. Roasted veggie boost.** Avocado spread thick, topped with leftover roasted vegetables like broccoli, squash, or mushrooms, plus a squeeze of lemon.

Classic Avocado Toast



Avocado toast doesn't need to be fancy. Start with good bread, use a ripe avocado, and add one or two ingredients you really enjoy.

Ingredients (serves 1):

- 2 hearty slices whole grain or sourdough bread
- 1 ripe avocado
- 1–2 teaspoons fresh lemon or lime juice
- Pinch of salt
- Optional: olive oil, black pepper, red pepper flakes

Instructions:

1. Toast the bread until golden and firm.
2. Mash the avocado with lemon or lime juice and salt until mostly smooth but still textured.
3. Spread evenly over the toast.
4. Finish with a drizzle of olive oil and/or a pinch of pepper or chili flakes if you like.