

# Avocado Toast



**Time:** 10 minutes

**Serves:** 1-2

**Ingredients:** 1 avocado  
Ghee or olive oil to taste  
Lemon to taste  
Salt & pepper to taste  
2-4 slices gluten free bread  
Parsley and cilantro

## Directions:

1. Toast the gluten free bread
2. Spread ghee or olive oil on toast
3. Spread mashed avocado on toast
4. Season with salt, pepper and lemon to taste
5. Sprinkle with parsley and cilantro