



In Tenerife, Spain avocado is grown locally, are cheap and always ripe. What a big difference from Finland, there you feel you won the lottery if the avocado is ripe – and always expensive.

I stay in Tenerife during autumns and winters, at our first stay I bought too many avocados. I decided our new breakfast would be "Avocado on toast" – at least until we get tired of it!
Since we are from Scandinavia, we love our rye bread (sour dough) and use that as the toast. You can use your favorite bread; yet, for health reasons I recommend sour dough or whole grain breads.

The method is the same for all the recipes:

The avocado **must** be ripe.

Separate the avocado by slicing lengthwise all the way around; twist to separate, and then remove and discard the pit.

Remove (I use a spoon) the avocado from the skin and place the avocado flesh into a medium bowl and mash it with a fork.

Mix the ingredients in the bowl and spread avocado mixture on the warm toast or cold if you prefer.

You can add toppings, like tomatoes, nuts and seeds.

All recipes are for 2 servings

1 tsp = teaspoon = 5 ml * 1 Tbsp = tablespoon = 15 ml

If you are hungry for more vegan recipes, you are always welcome to visit us at "[All Vegan Foods](#)" ☺



1. Ordinary Avocado Toast

1 avocado
Juice of half a lemon
1/4 red onion in tiny pieces
pinch of salt
1/4 of a cucumber in slices

2. Mediterranean Avocado on Toast

1 avocado
Juice of half a lemon
1/4 cup / 30 g of vegan feta
1 tsp. chopped fresh mint

3. Pepper Avocado on Toast

1 avocado
pinch of salt
drizzle of olive oil
Black pepper, red pepper flakes and a pinch of paprika powder

4. Chilli Avocado on Toast

1 avocado
2 tablespoons olive oil
chilli pepper flakes as much or little as you like
a pinch of salt
2 Tbsp. chopped pistachios for topping

5. Pesto Tomatoes Avocado Toast

1 avocado
lemon juice of half a lemon
Kosher salt and freshly cracked black pepper to taste
1/4 cup halved cherry tomatoes
2 tablespoons Basil Vinaigrette
1 tbs. basil

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Susannah Kennedy

<http://AllVeganFoods.com>