

Cucumber and Avocado Toast



Discover this delicious recipe for cucumber and avocado toast, where avocado can easily be substituted with our [homemade hummus](#) for an equally flavorful variation.

Preparation 10 min

Cooking 3 min

Servings 1

Nutrition Facts (per serving)

Calories 135

Fat 6

Carbohydrates 17

Fibre 3

Protein 6

Sodium 270

Ingredients

Avocado Spread

- ½ avocado
- Juice of half a lemon
- 1 clove of garlic, minced
- Salt and pepper, to taste

Cucumber Toast

- 1 slice of bread
- 15 ml (1 tablespoon) of avocado spread
- 1 mini cucumbers, in ribbons
- 2 mint leaves, chopped
- 15 ml (1 tablespoon) crumbled feta cheese

Preparation

Avocado Spread

1. Place all the ingredients in a bowl, mix and mash with a fork until smooth.

Toast

1. Toast a slice of bread, then spread the ingredients in the given order on the toasted bread.

Notes

The avocado spread can be stored in an airtight container in the refrigerator for 2-3 days. The toasts are best enjoyed on the same day.



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