

# Avocado on Toast



*If you like Avocado on Toast, you'll love this recipe! This bread is amazing! It's full of flavour but it has really clean ingredients and a lovely texture.*

Servings: 1

## **Gluten-free Bread**

5 dl gluten-free oat flour  
2 dl chickpea flour  
1 dl tapioca flour  
0.5 dl chia seeds  
0.5 dl psyllium husk  
2 tsp bicarbonate  
2 tbsp bread spice  
1/3 tsp salt  
1 large banana, or 2 small bananas  
5 dl water

## **Avocado on Toast**

3-4 slices of gluten-free bread  
1 avocado  
1/4 lime  
1 tomato  
chili flakes  
sea salt

## **Gluten-free Bread**

1. Set the oven at 175 degrees Celsius.
2. Mix all the dry ingredients in a mixing bowl.
3. Mash the banana with a fork.
4. Add banana and water to the mixing bowl. Stir everything properly. Set it aside for 15 minutes.
5. Pour the mixture in to a rectangular loaf pan, with parchment paper in it.
6. Bake in the oven for about 60 minutes. Stick a potato stick or a toothpick in it to check. It's ready when the stick comes out dry.
7. Turn off the oven, and tip the bread out of the tin. Let it cool down on a wire rack, under a tea towel.
8. Once the bread has cooled down, slice it and serve it straight away. Or put it in the freezer.

## **Avocado on Toast**

1. Start by toasting the bread, in a toaster, on a pan or in the oven.
2. Put some slices of avocado on each piece of toast, and mash them gently with a fork.
3. Squeeze some lime juice on top of each piece of toast.
4. Slice a tomato and place on top of the avocado.
5. Season it with some chili flakes and sea salt.
6. Enjoy straight away.

*Bread spice is really common here in Sweden. It's a combination of ground anise and fennel.*

*Slice the bread once it has cooled down, and freeze whatever you don't eat right away. That way you'll have gluten-free bread ready to toast at any given moment.*

*Remember that this is NOT an ideal breakfast, since avocado contains fat. I would recommend this as an afternoon snack or a light dinner.*