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## 10 AVOCADO TOAST RECIPES THAT MAKE A GREAT PICK-ME-UP



Avocados are a “trendy” food these days, but they do deserve some love. They’re loaded with healthy fats, fiber, and other vitamins and minerals, and as you’ll see, they don’t have to taste like a wet sponge.

All it takes is a few of the right ingredients, and you can turn this humble fruit into something that you actually want to eat.

There’s something for everyone in these avocado toast recipes, too—there’s something with meat, something with goat cheese, something spicy, mild, and Mediterranean, and more. These recipes are also super easy to make. All you need is a few minutes to whip one up, which is perfect for when you’re rushing around in the morning or throughout the day.

So, instead of smearing your toast with peanut butter or jam for the thousandth time, try one of these avocado toast recipes instead. You might not go back!

## 01. Avocado Hummus Toast with Dill & Za’atar

Serves 4

You don’t have to mash an avocado to make toast. This one uses hummus as the spread instead, so you can quickly slice up the avocado, remove it from the skin, and lay the avocado on top. Easy as that is, it’ll look like a special meal with these creative toppings: hemp seeds, fresh dill, and the Middle Eastern spice blend called za’atar.

Nutrition Facts (Per Serving) 276 CALORIES | 10 g PROTEIN | 25 g CARBS | 17 g FAT

### INGREDIENTS

- |  |                                 |
|--|---------------------------------|
| ✓ 4 slices whole-grain bread,<br>toasted | ✓ 4 green onions, thinly sliced |
| ✓ 5 oz. hummus                           | ✓ 2 Tbsp. shelled hemp seeds    |
| ✓ 1 large Hass avocado, sliced           | ✓ 2 tsp. za’atar seasoning      |
|  | ✓ 1 small bunch fresh dill      |

### DIRECTIONS

Spread hummus on top of each slice of bread then sprinkle each with 1/2 tablespoon of the hemp seeds. Top with sliced avocado and green onion then finish them by

adding 1/2 teaspoon of za'atar seasoning and a few pinches of fresh dill. Serve immediately and enjoy!

## 02. Avocado Toast with Lemony Arugula & Egg

Serves 2

There's an easy way to make avocado toast into a mouthwatering breakfast while adding protein. Fry, hard-boil, or poach an egg to go on top, and you're adding 6 grams of protein. Also look for a high-protein bread like P28, which includes whey protein to bump up the macros by another 10 grams.

Nutrition Facts (Per Serving) 290 CALORIES | 12 g PROTEIN | 26 g CARBS | 16 g FAT

### INGREDIENTS

- |                                 |                               |
|---------------------------------|-------------------------------|
| ✓ 1 1/2 tsp. lemon juice        | ✓ 2 slices whole-grain bread, |
| ✓ 1 1/2 tsp. extra-virgin olive | toasted                       |
| oil, divided                    | ✓ 1/8 tsp. sea salt, divided  |
| ✓ 1/2 large Hass avocado,       | ✓ 2 large eggs                |
| sliced                          | ✓ 1 cup baby arugula          |

### DIRECTIONS

Whisk together the lemon juice and 1/2 teaspoon of the oil in a medium bowl; set aside. Mash the avocado on top of the toasts. Add a pinch of the salt.

Heat the remaining 1 teaspoon oil in a large cast iron (or PFOA-free nonstick) skillet over medium-high heat. Add the eggs and fry until desired doneness, ideally aiming for brown and crisp edges. (Note: Cook eggs thoroughly if you're young, old, or have an immune-compromised system.) Add remaining pinch of salt.

Toss the arugula with the lemon vinaigrette and arrange on top of the avocado toasts. Top with the eggs. If desired, sprinkle with freshly ground black pepper.

### 03. Pineapple Power Avocado Toast

Serves 2

Avocado toast is all about the toppings. You can keep it simple with a drizzle of olive oil and dash of seasoning, or infuse it with bold flavor by adding other fresh ingredients. This version is bright and tangy thanks to fresh pineapple and a hint of spice.

Nutrition Facts (Per Serving) 284 CALORIES | 7 g PROTEIN | 29 g CARBS | 17 g FAT

#### INGREDIENTS

- |  |   |
|--|---|
| ✓ 1 small Hass avocado                   | ✓ Pinch of cayenne or smoky paprika             |
| ✓ 1 cup fresh-cut pineapple, diced small | ✓ Salt and freshly ground black pepper to taste |
| ✓ 1 Tbsp. hemp seeds                     | ✓ 2 slices whole-wheat bread, toasted           |
| ✓ 1 tsp. fresh basil, torn or chopped    |   |

#### DIRECTIONS

Add the avocado flesh to a small bowl along with the pineapple and a pinch of salt and pepper. Mash the avocado into the pineapple for a minute. Taste test and add more salt or pepper to taste. Toast the bread and chop the basil. Spread the avocado mixture on top of the toast and sprinkle hemp seeds over top. Add the basil and optional cayenne or paprika.

### 04. Bagel Avocado Toast

Serves 2

Since avocado is mild, how you top your toast will really change the flavor. This recipe has two options: pear or tomato slices. Use one of each for variety. Or pick just one fruit or the other, depending on how sweet you want to go, or what's ripe and in season.

Nutrition Facts (Per Serving) 585 CALORIES | 13 g PROTEIN | 74 g CARBS | 29 g FAT

## INGREDIENTS

### Bagel:

- ✓ 1 large Hass avocado
- ✓ 2 bagels, lightly toasted
- ✓ 1 tomato, thinly sliced
- ✓ 1 ripe pear, thinly sliced
- ✓ Handful of sprouts

### Garlic Herb Dressing:

- ✓ 1 clove garlic, pressed (or 1/2 tsp. garlic powder)
- ✓ 1/4 tsp. freshly ground black pepper (or more to taste)
- ✓ 1/4 tsp. dried oregano (or herbs of choice)
- ✓ 1 Tbsp. extra-virgin olive oil
- ✓ 2 tsp. freshly squeezed lemon juice
- ✓ Pinch of salt

## DIRECTIONS

Mash the avocado and mix in salt and pepper to taste. Make the dressing: Mix everything until the oil and lemon juice are well combined. Taste and adjust lemon and salt.

Spread the avocado over toasted bagels or multigrain toasts. Add slices of pear or tomato. Add a generous drizzle of the dressing. For variation: add sprouts or fresh herbs of choice.

## 05. Charred Corn & Goat Cheese Avocado Toast

Serves 2

Whenever you have corn on the cob, it's easy to grill them as a side dish, then use the extras for this breakfast the next day. You can make a fresh corn salsa for eggs, or try this simple avocado toast idea.

It's quick to make, yet feels like a restaurant dish with goat cheese and charred corn. Turn it into Mexican avocado toast with cotija cheese, fresh lime juice, and a pinch of ground chile pepper instead.

Nutrition Facts (Per Serving) 663 CALORIES | 20 g PROTEIN | 69 g CARBS | 37 g FAT

### INGREDIENTS

- |   |   |
|---|---|
| ✓ 2 pieces thick-cut bread                      | ✓ 2 Tbsp. (about 1 oz.) goat cheese, crumbled |
| ✓ 1 1/2 small Hass avocados                     | ✓ 1 ear corn, charred                         |
| ✓ Freshly squeezed lemon juice                  | ✓ 1 tsp. freshly chopped chives               |
| ✓ Salt and freshly ground black pepper to taste |   |

### DIRECTIONS

Toast the pieces of bread until the bread is just golden brown.

Remove the pits from the avocado and discard. Remove the avocado from the skin and place the avocado flesh into a medium bowl and mash it with a fork and a squeeze of the fresh lemon juice. Season with salt and pepper as needed.

Slater the mashed avocado on top of the toast, followed by the crumbled goat cheese, charred corn and chopped chives. Season with Maldon and freshly cracked black pepper. Serve immediately.

## 06. Nolita-Style Avocado Toast

Serves 1

Although avocado tends to be eaten at room temperature, it gets even creamier when you warm it up. This avocado toast is super simple: olive oil, lemon juice, and salt.

You can mash the avocado right onto the freshly toasted bread so it softens, and then add the toppings. Finish with crushed red pepper, if you want some spice, or a pinch of sweet paprika if you don't.

Nutrition Facts (Per Serving) 399 CALORIES | 4 g PROTEIN | 24 g CARBS | 35 g FAT

### INGREDIENTS

- |                                      |  |
|--------------------------------------|--|
| ✓ 1 slice seven-grain sandwich bread | ✓ 1 Tbsp. lemon juice (or more to taste) |
| ✓ 1/2 large Hass avocado             | ✓ Salt to taste                          |
| ✓ 1 Tbsp. extra-virgin olive oil     | ✓ Pinch of red pepper flakes             |

### DIRECTIONS

Toast the bread so that it's dark and firm. Scoop the avocado into a bowl and lightly mash/chop it, or directly onto your toast and do the same. Spread the avocado from edge to edge of the toast, leaving no bread uncovered, mounding it smoothly in the center. Drizzle olive oil over so that it rolls off onto the plate. Repeat with lemon juice. Shake or grind on some fine salt and cover with red pepper flakes. Slice toast on the diagonal and eat with a knife and fork, if before noon, with a cup of coffee or tea, if after, a petite glass of rose wine.

## 07. Ricotta Avocado Toast with Poached Egg & Sriracha

Serves 1

You can make a cheesy avocado toast with melted cheddar on top. But when you pick a fresh cheese like ricotta, and it can be blended with the mashed avocado for a creamy, cheesy spread. It's a delicious way to upgrade a simple breakfast of toast and eggs.



Nutrition Facts (Per Serving) 787 CALORIES | 28 g PROTEIN | 54 g CARBS | 54 g FAT

## INGREDIENTS

- |  |                                   |
|--|-----------------------------------|
| ✓ 2 slices whole-wheat bread,<br>toasted | ✓ 1 large Hass avocado,<br>mashed |
| ✓ 2 large eggs                           | ✓ 3 Tbsp. Sriracha                |
| ✓ 2 Tbsp. ricotta cheese                 | ✓ 1/4 cup sliced green onions     |

## DIRECTIONS

Boil your kettle & fill a large skillet about 1½" full of water & add a bit of salt and bring it back to the boil.

Pop your bread in the toaster.

Carefully add your eggs to the gently simmering water. (remember, the freshest eggs you can get will stay in that nice little shape. Older eggs thread all over the place, very annoying). Cover & turn the heat off. Leave eggs covered off the heat for 4-5 minutes.

In the meantime, evenly divide the ricotta, avocado & Sriracha sauce to each piece of toast.

When the eggs are done to your liking, gently remove with a slotted spoon and drain for a moment and place on top of your now well-dressed toast. Garnish with green onions and immediately enjoy the nom-noms.

## 08. Avocado Toast with Coconut "Bacon"

Serves 8

To make vegan avocado toast, just pick the right toppings, like this homemade coconut "bacon." With maple syrup, liquid smoke, and tamari (or soy) sauce, you can make savory coconut flakes that taste similar to bacon bits. And if you need a gluten-free avocado toast, simply start with gluten-free bread.

Nutrition Facts (Per Serving) 495 CALORIES | 7 g PROTEIN | 30 g CARBS | 39 g FAT



## INGREDIENTS

- ✓ 8 slices multigrain bread
- ✓ 2 large Hass avocados
- ✓ 2 1/2 Tbsp. gluten-free tamari
- ✓ 2 Tbsp. pure maple syrup
- ✓ 1 Tbsp. sesame oil
- ✓ 1/2 Tbsp. liquid smoke
- ✓ 4 cups unsweetened flaked coconut
- ✓ Pinch of sea salt

## DIRECTIONS

Preheat the oven to 325 degrees F. For the coconut “bacon,” place the tamari, maple syrup, sesame oil, and liquid smoke into a large bowl and whisk to combine. Add the coconut flakes and fold them in to coat them in the mixture.

Spread the coconut onto a parchment-lined baking sheet and place in the oven for 20 to 30 minutes, stopping every 10 minutes to stir the coconut and rotate the pan. Once cooked, remove from the oven, sprinkle with a pinch of sea salt, and allow to cool.

Toast the bread and mash the avocado with a fork. Spread the avocado over the toast, top each piece with coconut bacon, and serve. Any leftover bacon will keep for one month stored in an airtight container.

## 09. Cucumber Avocado Toast

Serves 1

Avocado toast is delicious no matter what you do to it, and switching up the toppings can keep it seasonal. Make a refreshing summer snack with crisp cucumber or fresh fruit on top. And if you sprinkle on some chili pepper flakes, it’ll help you beat the heat by increasing circulation so your body’s natural cooling systems kick in.

Nutrition Facts (Per Serving) 252 CALORIES | 6 g PROTEIN | 21 g CARBS | 18 g FAT

## INGREDIENTS

- ✓ 1 slice bread
- ✓ 1/4 large Hass avocado

- ✓ 1 small Armenian cucumber,  
thinly sliced
- ✓ 1/4 tsp. lemon zest
- ✓ 6 fresh mint leaves, roughly  
torn
- ✓ 1 Tbsp. crumbled feta  
(optional)
- ✓ Sea salt and freshly ground  
black pepper to taste
- ✓ 1 tsp. extra-virgin olive oil  
(more or less to taste)
- ✓ Freshly squeezed lemon juice
- ✓ Chili powder to taste

## DIRECTIONS

First, toast the bread. While the bread is toasting, use a peeler to shave the cucumber into thin strips. Start on one side and shave until you're about 1/3 of the way through, then flip and shave from the other side (discarding or snacking on the seedy center).

Place the shaved cucumber in a bowl with the meyer lemon zest, torn mint leaves, crumbled feta (if using), and season with salt, pepper, lemon juice, and olive oil to taste.

Slice the avocado and arrange it over the toast, then season with a pinch of salt. Top the toast with the shaved cucumber mixture and garnish with a generous pinch of chili.

## 10. Avocado Havarti Grilled Cheese

Serves 1

Avocado toast is like an open-faced sandwich, so why not turn it into the whole thing? This is a simple lunch recipe, but good enough to be on the menu at a fancy café. Make avocado toast grilled cheese at home, and you can build it how you want. The best part of this upgraded sandwich is that it's ready in just 10 minutes.

Nutrition Facts (Per Serving) 522 CALORIES | 16 g PROTEIN | 33 g CARBS | 38 g FAT

## INGREDIENTS

- ✓ 2 slices whole-grain bread
- ✓ 1 Tbsp. light mayonnaise
- ✓ 1/2 large Hass avocado,  
mashed
- ✓ 1 tsp. dried basil
- ✓ 1 slice Havarti cheese
- ✓ 1 tsp. butter

## DIRECTIONS

Combine mayonnaise and basil in a small bowl.

Place one slice of bread on flat surface. Layer cheese and spread avocado evenly on top. Spread mayonnaise mixture on the second slice of bread. Place mayo side down onto avocado. Lightly spread butter on the outsides the sandwich.

Preheat a small frying pan sprayed with cooking spray, lightly grill each side of sandwich being careful not to over cook. Cut and enjoy!

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