



Salmon Avocado Toast

A nutritious, satisfying meal topped with flaky salmon, creamy avocado and fresh toppings — perfect for breakfast, lunch or a light dinner.



SERVES
2



PREP TIME
10 MIN



COOK TIME
0 MIN
(no cooking needed)



FRESH & NUTRITIOUS

Ingredients

1 (3.9 oz)	salmon, drained and flaked
2	slices whole grain or multigrain bread
1	ripe avocado
4–6	radishes, thinly sliced
2 tbsp	lemon juice (fresh)
1 tbsp	olive oil (optional)
¼ tsp	red pepper flakes (optional)
¼ tsp	salt
¼ tsp	black pepper
1 tbsp	microgreens or sprouts (for topping)

Optional everything bagel seasoning

Directions

- 1 Toast the bread until golden and crisp.
- 2 In a small bowl, mash the avocado with lemon juice, salt and pepper.
- 3 Spread the mashed avocado evenly on the toast.
- 4 Top with flaked salmon, sliced radishes and microgreens.
- 5 Sprinkle with red pepper flakes or everything bagel seasoning, if desired.
- 6 Serve immediately and enjoy!

