

Smoked Salmon on Avocado Toast

Ingredients

- 2 slices whole-grain or gluten-free bread, toasted
- 1 avocado, mashed
- 4 slices smoked salmon
- Lemon juice to taste
- Optional: dill, red pepper flakes, or capers

Instructions

1. Spread mashed avocado over toast.
2. Layer smoked salmon on top.
3. Add lemon juice and optional toppings.

Health Benefits

Perfect for a quick breakfast. Combines healthy fats, protein, and fiber to support heart and brain function.