



Ingredients 2 Portions

♦ = Kotányi Produkte

2	Avocados, ripe
1	Small tomato
1	A small spring onion or 1 tbsp spring onion, sliced into rings
1 tsp	Lemon juice or lime juice
2 tbsp	♦ Avocado Love
1 tbsp	Olive oil
2 slices	Wholemeal bread or sourdough bread
	Optional: a small clove of garlic, grated

Avo Mash

⌚ 10–15 Min   

Preparation

- Preparation:**
Cut the avocados in half, remove the stone and scoop the flesh into a bowl with a spoon. Finely dice the tomato and slice the spring onion into thin rings.
- Making avocado mash:**
Roughly mash the avocado flesh with a fork until it has a creamy, slightly chunky consistency. Add lemon or lime juice, Kotányi avocado mix and olive oil (if using). Mix everything together well. Fold in the diced tomatoes and half the spring onions. Taste and season to taste if necessary.
- To serve:**
Lightly toast the slices of bread until crispy.
Spread a generous amount of the Avo Mash onto the slices of bread.
Garnish with the remaining spring onion rings and, if desired, with Kotányi Avocado Love.

