



MUSHROOM AVOCADO TOAST

Why pay someone else to make your specialty toast? There are a million ways to do this and they're all delicious. We used millet bread to give some heft to our toast offering. You can use any kind of bread and any variety of mushroom you fancy.

– Chef Michelle

Enjoy this healthy toast recipe, build your immunity, and please don't forget to **Tag the Toad™** on Instagram!

INGREDIENTS

- 1 tablespoon sesame oil
- 5 cloves garlic, minced
- 1 cup of chestnut mushrooms
- 2 tablespoons soy sauce
- 1 teaspoon maple syrup
- Beet sprouts, for garnish
- 1 large ripe organic avocado
- Your multigrain bread of choice

INSTRUCTIONS

1. In a small saucepan, heat sesame oil and toast garlic on medium heat for roughly 2 minutes.
2. Prepare your mushrooms by removing the rough mycelial bottom and placing the stalks and caps in the pan.
3. Allow mushrooms to sweat and cook in their own garlicky goodness for 2 minutes.
4. Add soy sauce and syrup.
5. Cook for another 2 minutes while you toast your bread of choice.
6. Place mashed or sliced avocado on toast.
7. Top with mushrooms and garnish with fresh sprouts.
8. The Toad says enjoy!

*Please find this amazing recipe in our friend Chef Michelle Russell's Just Mushrooms cookbook!

<https://www.amazon.com/Just-Mushrooms-celebrating-future-food/dp/1792355149>