# Avocado + Kimchi Toast

**Prep Time:** 5 min  
**Servings:** 1-2  
**Cost Per Serving:** $1.48

<table>
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<th>Ingredients</th>
<th>Procedure</th>
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| - 1 tablespoons juice from kimchi jar, plus 1/2 cup drained cabbage kimchi, chopped  
- 1 tablespoon mayonnaise  
- Sea salt  
- 1/2 ripe avocado, pitted, peeled  
- 2 slices bread, toasted  
- 1/2 teaspoon sesame seeds  
- 1 tablespoon cilantro | Whisk together kimchi juice and mayonnaise in a small bowl. Taste and season with salt.  
Line up toasted bread and place 1/4 of avocado slices on top of each toast. Mash the avocado with a fork and sprinkle each one with a pinch of salt.  
Spoon the kimchi onto the toast and drizzle with kimchi mayonnaise. Sprinkle the sesame seeds and cilantro evenly over toasts. Serve immediately and enjoy. |

**Kimchi Fun Facts!**

Kimchi is a Korean fermented cabbage, often used as a condiment. It is rich in gut-healthy bacteria.