



## Spooky Avocado Toast



Entire recipe (1 slice before toppings): 136 calories, 7g total fat (1g sat fat), 264mg sodium, 17g carbs, 5.5g fiber, 2g sugars, 4g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Total time:** 5 minutes



Tagged: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

## Ingredients

1 slice whole-grain bread with 60 - 80 calories per slice  
1 1/2 oz. (about 3 tbsp.) mashed avocado  
Dash salt

### Topping Suggestions:

Hair: seaweed sheets/snacks, bean sprouts, shredded carrots

Eyes/nose: sliced hard-boiled eggs, sliced olives, corn kernels, sliced cherry tomatoes

Mouth/teeth: sliced bell pepper, sliced red onion, chopped/sliced jicama

## Directions

Toast bread. Spread with avocado, and sprinkle with salt.

Top as desired to make your "monster" face. (Check out the recipe photo and [video](#) for inspiration!)

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.