



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

[Click for WW Points® value*](#)

Total time: 5 minutes



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

Ingredients

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.