



Inspired by Founders, a local coffee shop's garlic-aioli avocado toast, this variation shares similar flavor profiles and toppings. Open-faced sandwiches are versatile, simple to make, and offer endless variations. This protein-dense version packs a punch of flavor, and regardless of your choice of seasonings and toppings, starting with a hearty, dense base, a bagel, multi-grain, or sourdough bread is the key.

Sundried Tomato **AVOCADO TOAST**

INGREDIENTS

2 ea bagel, multi-grain or sourdough bread

Garlic aioli spread

1/2 cup/125 ml plant-based mayo

1/2 tbsp/7 ml lemon juice, to taste

1/2 tbsp/7 ml Dijon mustard, to taste

3 cloves garlic, roasted, smashed

1/2 tsp/2 ml sea salt or black salt*, to taste

Smashed avocado

2 ripe avocados, pitted and mashed

1/2 shallot, small dice

1 garlic clove, roasted and smashed

2 tbsp/30 ml lime juice

Splash of olive oil - to achieve desired consistency

1/2 tbsp chopped chives

Salt and pepper, to taste

Optional - add some heat: splash of srirachi or diced jalapeno, to taste

Sundried tomato topping

1/4 cup/60 ml Sundried tomatoes packed in oil, drained, oil reserved

1/2 shallot, small dice

Splash of red wine vinegar or lemon juice, to taste

Sea salt and pepper, to taste

Garnish

1 avocado, halved, sliced

Juice of 1/2 lemon

Sea salt, to taste

Pea shoots

METHOD:

Prepare garlic aioli

Use store-bought mayo or Eggless Mayo recipe on my site www.plant-swop.com

Combine the plant-based mayo, lemon juice, Dijon mustard, and garlic in a small bowl. Adjust seasoning with sea salt to taste. *For an egg flavor and smell, use Indian Black salt 'Kala Namak' to add a sulfuric-umami flavor.

Prepare sundried tomato topping

Dice sundried tomatoes to the desired size and add to a small bowl. Add diced shallot, vinegar, and enough of the reserved oil to make a thick topping—season with salt and pepper to taste. Set aside until ready to plate.

Assemble the avocado toast

Toast your bread or bagel to the desired doneness. Spread a large dollop of garlic aioli onto toasted bread or bagel. Divide smashed avocado in half and spread onto toasted bread or bagel. Arrange sliced avocado over smashed avocado and sprinkle with lemon juice and sea salt. Spoon sundried tomato topping over sliced avocado and drizzle around the plate. Garnish with green pea shoots.