

Upstate Chamoy Salted Avocado Toast



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A creamy, savory avocado toast finished with chia seeds and a bright, tangy kick from Upstate Chamoy Salt.

Ingredients

- 1 slice rustic sourdough or country bread, toasted
- ½ ripe avocado
- Squeeze of fresh lemon or lime
- Pinch of [Tap Root Fields Upstate Chamoy Salt](#)
- 1 teaspoon chia seeds
- Optional drizzle olive oil

Instructions

1. Toast the bread until golden and crisp.
2. Mash the avocado in a small bowl with lemon or lime juice until smooth but slightly textured.
3. Spread the avocado evenly over the toast.
4. Sprinkle with Upstate Chamoy Salt and chia seeds.
5. Finish with a light drizzle of olive oil if desired.
6. Taste and adjust seasoning as needed.

Optional: Add sliced radish, microgreens, or a soft egg for extra texture and richness.