

# Keto Toasts Three Ways

Hands-on 10-20 minutes Overall 10-20 minutes

**Nutritional values (per 1 heaped tbsp avocado cream, 1 oz/ 28 g):** Total carbs: 2.5 g,

Fiber: 1.7 g, **Net carbs: 0.8 g**, Protein: 0.5 g, Fat: 5.4 g, Calories: 56 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients

### Avocado Cream Spread:

- 1 large avocado (200 g/ 7 oz)
- juice from 1/2 lime (30 ml)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- pinch of sea salt
- pinch of cracked black pepper

*Notes: The Avocado Cream Spread will be enough for 8 toasts. Each of the options below will result in 4-7 g net carbs per toast. The keto bread will take extra prep time but can be made in advance and frozen.*

### Bacon & Rocket (per serving):

- 1 slice of [homemade Keto Bread](#)
- 1 heaped tbsp Avocado Cream Spread (28 g/ 1 oz)
- 3 small slices crispy bacon (24 g/ 0.9 oz)
- handful of fresh rocket (arugula)
- pinch of cracked black pepper

### Griddled Zucchini & Feta (per serving):

- 1 slice of [homemade Keto Bread](#)
- 1 heaped tbsp Avocado Cream Spread (28 g/ 1 oz)
- few zucchini ribbons (15 g/ 0.5 oz)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- 1 heaped tbsp crumbled feta (25 g/ 0.9 oz)
- pinch of chilli flakes

### Avocado & Sun-Dried Tomato (per serving):

- 1 slice of [homemade Keto Bread](#)
- 1 heaped tbsp Avocado Cream Spread (28 g/ 1 oz)
- 4 pieces sun-dried tomatoes (20 g/ 0.7 oz)
- pinch of chilli flakes

## Instructions

1. Bake a loaf of the [this Keto Bread](#) or any other [low-carb bread](#). Optionally, broil the slices of the bread for a minute or two just before serving.
2. Place the avocado, lime juice, olive oil, salt and pepper in a bowl.
3. Blitz using an [immersion blender](#) until smooth.
4. Use immediately or store in an airtight container in the fridge for up to 3 days.
5. Spread the avocado cream on top of the sliced bread (optionally toasted).
6. For **Bacon and Rocket**: Cook the bacon as per my [Crispy Bacon](#) recipe. Top 1 slice of Keto Bread with avocado cream, rocket, bacon and sprinkle with black pepper. For **Griddled Zucchini and Feta**: Slice the zucchini thinly using a vegetable peeler. Heat the olive oil in a griddle pan. On a medium heat fry the zucchini until soft and charred. Top 1 slice of Keto bread with avocado cream, zucchini, feta and chilli flakes. For **Avocado and Sun Dried Tomato**: Top 1 slice of Keto bread with avocado cream, sun dried tomatoes and chilli flakes.
7. Optionally, drizzle with extra virgin olive oil and lime juice. Serve immediately.

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