

Monster Toast

Let's make some avocado toast monsters and ghost toasts!

Ingredients

- Slices of sandwich bread (white, whole wheat, it's your choice, so long as they are in slices)

For a green monster

- Ripe avocados (half per bread slice or so, depending on the size of your avocados)
- Decorations for the face - get creative! These are what will form the monster's face. Here are some suggestions:
 - Seaweed (nori sheets), cut into hair shape
 - Grape tomatoes (sliced) as eyes, mouth
 - Olives, for eyes or ears
 - Carrots (sliced into small pieces), as eyes, nose, mouth
 - Hard-boiled eggs (sliced), as eyes
 - Ketchup, mustard, and other condiments

For ghosts

- Peanut butter or alternative spread, or jam
- Banana
- Raisins and/or chocolate chips (for eyes and mouth of ghosts)



Method

1. Toast your bread.
2. For the green monster, get an adult to help you cut open the avocado and remove the pit with a spoon. Have an adult help you cut the avocado into slices. Use a spoon to remove the avocado from the skin and place it into a bowl. Using a fork, mash the avocado flesh until it is smoother (if you prefer a bit of texture, leave it chunkier). Spread the mashed avocado onto your toast and use your other ingredients to make your monster's face! Enjoy!
3. For the ghosts toast, spread the peanut butter (or other spread) onto your toast. Peel your banana and cut in half to make them shorter. Cut the banana halves into half again, this time so that they remain the same length, but have one long flat side each. Place the flat side down onto the spread on your toast. These are your ghosts! Place raisins or chocolate chips onto your banana ghosts to give them faces. Enjoy!

