



Beyond Butter: 8 Healthy Ways to Top Your Morning Toast

By
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Banishing butter and margarine from your diet does wonders for your arteries, but it also begs the question, “What will I put on my toast?” Try one of these quick, healthful toast-topping ideas, including some of our favorite suggestions from Forks Over Knives’ million-plus Facebook fans. (Pro tip: Keep a loaf of whole-grain bread in the freezer so you’ll always have a slice on hand.)

1. Fruity Nut Butter

A thin layer of nut butter is [just the beginning](#): pile on sliced fruit, add a sprinkle of your favorite seeds, and garnish with warming spices. Facebook fan MaLinda Alizabeth’s go-to toast-topping combo: “Natural peanut butter, banana, cinnamon, flax.”

2. DIY Fruit Spread

Swap out sugary supermarket jam for your own homemade fruit spread using any stone fruit. Facebook fan Julia Romero Brooks follows this simple method: “Cut up fresh apricots, add chopped dates, add a little water, and cook for 10 minutes on low heat in a saucepan. Cool, then blend.”

3. Caprese-Inspired

No need for mozzarella cheese—simply slice up the ripest, juiciest tomatoes you can find, throw on torn basil leaves, and splash with balsamic vinegar for a sophisticated touch. This one makes a crowd-pleasing appetizer too.

4. Avocado Light

Lighten up your avocado toast with veggies! Aim for a modest serving of smashed avocado topped or mixed with lots of cherry tomatoes, radish slices, or a big pile of sprouts. Facebook fan Erin Beck Thorn loves “avocado mashed and mixed with diced cucumber. Just the right amount of creamy and crunchy.”

5. Apples and Tahini

Tahini can taste a bit bitter on its own, but add sliced apples and a smidge of maple syrup, and you get a sweet treat that doubles as breakfast. Look for tahini made with just one ingredient: sesame seeds. Just remember to go light on the tahini since it’s calorie-dense.

6. Mediterranean-Style

Anything you’d put in a pita pocket is fair game for morning toast: hummus or mashed chickpeas, diced tomatoes, cucumbers, salad greens, parsley. Facebook fan Lou Ann Mallon starts the day with “spicy chipotle hummus topped with a huge bunch of spinach—yum!”

7. Harvest Veggies

Got leftover roasted carrots or butternut squash? Hearty, starchy [root vegetables](#) get extra-sweet and caramelized in the oven, making them perfect for breakfast. Just reheat, spoon onto toast, and drizzle with tahini.

8. Tex Mex

Taco ingredients on toast? Yes, please! “I mash whatever beans I have on hand with some chopped onion and Sriracha, harissa, or hot sauce,” says Facebook fan Sophia Maria. Other great add-ons include chopped scallions, sliced avocado, lime juice, and fresh tomato salsa.