

# Blue Zone Breakfast Toast



By Chef Amanda DeLaura

You may or may not have heard of Dan Buettner, but over the past several years he has been researching the diets of five areas in the world that have the longest-living people. These regions are otherwise known as “Blue Zones.” Dan has noticed that above all else the diets are high in vegetables, use olive oil in place of other fats, and contain either sweet potatoes or beans daily. Instead of the normal American breakfast of eggs and bacon, research based on these people points to the benefits of fruits, vegetables, and complex carbs. Here is my Blue Zone inspired avocado toast. If you are curious, I highly recommend you read more from Dan Buettner [here](#). Bon appétit!

Makes 2 servings

## Ingredients:

### TOAST

2 slices of whole grain bread (or English muffins)  
3/4 cup black or pinto beans  
1/4 lime, *zested*  
1/2 lime, *juiced*  
1/8 tsp smoked paprika, *optional*  
1/8 tsp dried garlic granules, *optional*  
1/8 tsp salt

1/8 tsp cumin  
1/2 Tbsp olive oil  
1 avocado, *sliced*

#### TOPPINGS

micro greens, *optional*  
chopped cilantro, *optional*  
hot sauce, *optional*  
Malden salt, *optional*

#### **Directions:**

In a small bowl, using a fork or pastry knife, mash together beans, lime zest, lime juice, paprika, salt, cumin, and olive oil. Toast 2 slices of bread (or 2 English muffins) and spread half of the mixture on each slice of bread. Top with avocado and garnish as desired. I like to add cilantro, siracha, and a little bit of salt.