

Another Healthy Recipe from



Avocado Toast with Egg

Sometimes simple is just better. Top two lightly toasted slices of whole-grain bread with smashed avocado and a sprinkling of salt and pepper. Layer on two sunny-side up eggs for a healthy dose of protein, and you've got a well-rounded breakfast.

INGREDIENTS

- 2 eggs (fried sunny side up)
- 2 slices of bread (toasted)
- 1 small avocado
- 1 teaspoon lime juice
- sea salt + black pepper
- parsley (optional for topping)



INSTRUCTIONS

1. Prepare toast and fried eggs to personal preference.
2. Peel and mash avocado with the lime juice, salt and pepper.
3. Spread avocado evenly on each slice of toast then top each with a fried eggs and additional seasonings you prefer. Serve immediately.