

Avocado Toast with Poached Egg

Prep Time: 2 minutes

Cook Time: 10 minutes

Yield: 1 serving

INGREDIENTS

1/2 avocado (mashed, leave it on the chunkier side if you like!)

1 slice whole wheat or Ezekiel bread (toasted)

1 egg

1 dash salt (to taste)

1 dash black pepper (to taste)

1 dash [Sriracha](#) (or other hot sauce to taste)

PREPARATION

1. Toast the bread until lightly browned but still slightly soft.
2. Mash the avocado, leaving it as chunky as you like. Sprinkle a little salt on the avocado.
3. Prepare the egg – poached or fried egg.
4. Spread the avocado over the toast. Top it with the egg. Sprinkle a little hot sauce on top and another sprinkle of salt! Dig in and enjoy!
5. Recipe can easily be doubled or tripled but is best done single serve, this way the toast stays crispy, the avocados stay green, and the eggs perfectly poached!

Nutrition Facts for one serving: 407 calories; 23g total fat; ;37g carbohydrates; 15g protein