

Avocado Toast



Ingredients

For 1 serving

- 1 tsp Coconut Oil (IF frying)
- 1 Large Egg
- Ground Black Pepper
- Pink Himalayan Salt to Taste!
- Half of Ripe Avocado Mashed Well
- 1 Slice or 15g of Shredded Cheese
- 5g of Baby Spinach

BEST Toast Options:

- Multigrain One Buns
- Ezekiel English Muffins or Bread

Directions

1. Fry or poach eggs (can also boil and mash onto sandwich)
2. Cut avocado in half and scoop out onto cutting board, mash well
3. Toast your bun/bread then spread mashed avocado onto toast
4. Top with spinach, then cheese and egg at the very top or middle
5. Add salt and pepper and enjoy while egg is hot

