

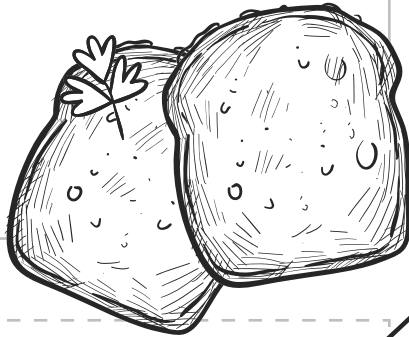
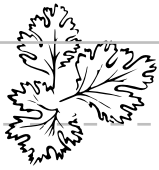


TOAST ME EGGS BREAKFAST



EGG AND AVOCADO TOAST

SERVINGS:



🕒 Prep time (total time): **15min**

📊 Calories: **240kcal** per serving



INGREDIENTS:

4 eggs



4 slice hearty whole grain bread

1 avocado (mashed)



1/2 tsp salt (optional)

1/4 tsp black pepper



1/4 cup plain nonfat Greek yogurt (non-fat)



INSTRUCTIONS:

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with 1/2 cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).
2. Toast the bread and spread each piece with 1/4 of the mashed avocado.
3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 Tbsp. Greek yogurt.

BON APPETITE!

This avocado toast gets a boost of protein by adding a poached egg and a dollop of Greek yogurt. Serve these low-cost egg toasts with a green salad tossed in a light balsamic vinaigrette for a balanced breakfast or lunch filled with protein, veggies, and healthy fats.

