Avocado Egg Toast

This is flavorful way to change up your eggs and toast in the morning. With just 3 ingredients, this is an easy recipe that all avocado lovers will enjoy.

Recipe Degree

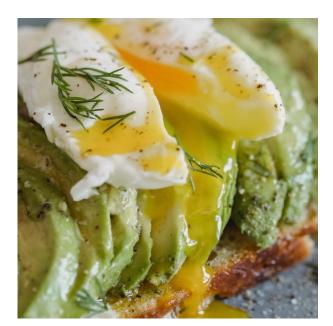
Type: of

Breakfast, Difficulty:

Toast Easy

Ingredients

- 2 Slices Light Whole Grain Bread, Toasted
- 1 Avocado, sliced lengthwise
- 2 Eggs
- Salt
- Pepper
- Cooking Spray



Directions for Avocado Breakfast Toast Recipe

- 1. Spray medium pan with cooking spray.
- 2. Heat on medium flame.
- 3. Crack eggs into pan and cook sunny side up for 3 minutes.
- 4. Turn eggs once and cook to desired doneness making sure yolks are still runny.
- 5. Toast the bread in toaster.
- 6. Slice the avocado.
- 7. Place avocado slices on top of toast.
- 8. Place eggs on top of the avocado slices.
- 9. Season with salt and pepper and serve.

Cooking Times

Prep Time: 5 minutes **Cooking Time:** 5 minutes

Tips

You can poach your eggs instead of frying them if you prefer. Add some red pepper flakes or garlic powder instead of salt and pepper for a different taste.