

## Avocado Egg Toast

This is a 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 Type:** Breakfast, Toast  
**Degree of Difficulty:** 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.