



Poached Egg Avocado Toast



Prep Time: 20 minutes



Total Time: 25 minutes



Servings: 2

Ingredients:

- ❁ 2 eggs
- ❁ 2 slices whole grain bread
- ❁ 1 Avocado From Mexico
- ❁ ½ cup quartered cherry or heirloom tomatoes
- ❁ fresh herbs (cilantro, thyme, or basil)
- ❁ sunflower seeds for topping
- ❁ salt and pepper for topping

Instructions:

- ❁ Bring a pot of water to a boil. When the water is boiling, turn off the heat and carefully crack the eggs directly into the water
- ❁ Cover the pot and poach for 4-5 minutes (4 for super soft, 4:30 for soft, 5 or more for semi-soft yolks)
- ❁ While the eggs are cooking, toast the bread
- ❁ Mash the avocado and mix with tomatoes and fresh herbs
- ❁ Spoon avocado mixture onto each piece of toast
- ❁ When the eggs are done, use a spatula to lift the eggs out of the water. Place the poached eggs on top of the toast.
- ❁ Sprinkle with sunflower seeds, salt and pepper