



Avocado Egg Toast



Prep Time: 15 minutes



Total Time: 20 minutes



Servings: 1

Ingredients:

- ❁ 1 slice of whole grain bread toasted., artisan style
- ❁ 1/2 Avocado From Mexico mashed
- ❁ Cooking spray
- ❁ 1 large egg
- ❁ Kosher salt & freshly ground pepper

Instructions:

- ❁ Mash avocado in a small bowl and season with salt and pepper
- ❁ Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into it, cook egg over-easy so yolk is still soft
- ❁ Place mashed avocado over toast, top with egg, salt and pepper to taste