

AVOCADO EGG TOAST

Preparation: **2** mins. | Cooking: **5** mins. | Servings: **1**

INGREDIENTS

1 slice whole wheat bread
1 egg, fried
1/2 avocado
Sea salt and black pepper to taste
Lime juice
Parsley (optional)



INSTRUCTIONS

Prepare toast and fried egg to personal preference. Peel and mash half an avocado with lime juice, salt and pepper. Spread avocado evenly on the toast, and top with a fried egg and any additional seasonings you prefer. Serve immediately, and enjoy!