



# AVOCADO EGG TOAST

Preparation: **2** minutes | Cooking: **5** minutes | 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!

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*Recipe source: <https://www.tasteofhome.com/recipes>*