



AVO & EGG ON TOAST

RECIPE BY: TEAM WELLBE



VEGETARIAN

DIFFICULTY: EASY

TIME: 10 MINS

SERVES: 1

A simple weekly staple that never seems to get old.

METHOD

Poach, scramble or fry the eggs to your liking. Place eggs on top of the toasted bread and avo. Serve with fresh squeezed lemon and tomatoes (if using).

INGREDIENTS

- 2 large eggs, poached, scrambled or fried
- 1 large or 2 small slices of rye or health bread, toasted
- 1/4-1/2 avocado, mashed
- Salt and pepper to taste
- Fresh lemon (optional)
- Fresh/roasted tomato (optional)