

# Avocado Breakfast Toast

5 ingredients · 25 minutes · 2 servings



## Directions

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1. Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

## Notes

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### How to Hard-Boil Eggs

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

### Gluten-Free

Use gluten-free bread.

### No Hard-Boiled Eggs

Use fried, scrambled or poached eggs instead.

### Likes it Spicy

Add a pinch of chili flakes or hot sauce to the mashed avocado.

## Ingredients

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- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)