

Fully Loaded Toast

8 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 450. Place halved cherry tomatoes on a piece of parchment paper and place in oven for 20 minutes or until roasted.
2. In the mean time, take a fork and mash your avocado in a bowl. Add lemon juice and season with sea salt and pepper. Mix well and set aside.
3. Put oil in frying pan and place over medium heat. Whisk egg and almond milk together in a small bowl and pour into pan. Scramble eggs until cooked.
4. Toast bread. Spread on avocado mix and add scrambled eggs on top. Finish with roasted cherry tomatoes and season with a bit of salt and pepper. Enjoy!

Ingredients

- 1 **slice** Organic Bread (toasted)
- 1/2 Avocado (mashed)
- 1/2 Lemon (juiced)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 Egg
- 2 **tbsps** Unsweetened Almond Milk
- 1/2 **cup** Cherry Tomatoes (halved)
- Sea Salt & Black Pepper (to taste)