

Plate Dream

Avocado Egg Toast – Quick Healthy Breakfast

5 min Prep time	**5 min** Cook time	**10 min** Total time
2 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 slices whole-grain bread
- [ ] 1 ripe avocado
- [ ] 2 large eggs
- [ ] 1 tsp lemon juice
- [ ] pinch sea salt
- [ ] pinch cracked black pepper
- [ ] 1 tsp olive oil (optional)

Optional Toppings

- [ ] Red pepper flakes
- [ ] Fresh chives, minced
- [ ] A dash of hot sauce

Instructions

1. Toast the bread slices in a toaster or skillet until golden and lightly crisp.
2. While the bread toasts, halve the avocado, remove the pit, and scoop the flesh into a bowl.
3. Mash the avocado with lemon juice, a pinch of salt and pepper; taste and adjust seasoning.
4. Heat a non-stick pan over medium-low, add a drizzle of olive oil, crack the eggs in, and cook until the whites set but the yolk stays runny, about 2-3 minutes.
5. Spread the avocado mash generously on each toast, top with a cooked egg, sprinkle with optional toppings, and serve immediately.

Nutrition per serving

320 kcal	12 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a firmer yolk, cover the pan for the final minute of cooking.
- A light drizzle of olive oil adds richness without making the toast soggy.
- For extra protein, add a slice of turkey ham or a sprinkle of feta.