



SIMPLE AVOCADO TOAST

Makes 2 servings

INGREDIENTS

- 1 avocado peeled and seeded
- 2 tablespoons chopped cilantro
- Juice of 1/2 lime
- 1/2 teaspoon red pepper flakes, optional
- Salt and pepper to taste
- 2 slices whole grain bread or bread of choice
- 2 eggs fried, scrambled, or poached, optional

INSTRUCTIONS

Toast 2 slices of whole grain in a toaster until golden and crispy.

In a small bowl, combine and mash the avocado, cilantro, lime, and salt and pepper to taste.

Spread half of the mixture on each slice of toasted bread.

Top with fried, scrambled, or poached egg if desired.