

RECIPE

# Avocado Toast with Egg



Single serving

Calories: 200cals

Protein: 14g

Fat: 18g

Fiber: 8g

## Ingredients

- 1 slice of gluten free bread (preferably ezeziel) or organic sourdough
- ¼ avocado
- 1 egg
- 1 Tbsp Greek yogurt
- 2 Tbsp Pico de gallo
- Teaspoon lemon juice
- Pinch of Salt, pepper and garlic powder

## Instructions

1. Cook egg your preferred style
2. Mash the avocado, and mix in the lemon juice
3. Slightly toast your bread
4. Spread greek yogurt over the toast
5. Layer pico over the yogurt
6. Place egg on top
7. Sprinkle with seasoning

## Tips

If you don't like pico de gallo, substitute it with a slice of tomato