

Fried Egg + Avocado Toast

Ingredients:

2 eggs (fried sunny side up)

2 slices of whole wheat bread (toasted)

1 small avocado

1 teaspoon lime juice

Sea salt + black pepper

Parsley (optional for topping)



Directions:

Prepare toast and fried eggs to personal preference.

Peel and mash avocado with the lime juice, salt and pepper.

Spread avocado evenly on each slice of toast then top each with a fried eggs and additional seasonings you prefer. Serve immediately and enjoy!