

🍴 POWER START AVOCADO TOAST 🍴

Prep Time: 10 min | **Cook Time:** 5 min | **Servings:** 1 | **Difficulty:** Easy | **Diet:** Vegetarian/High Protein



Ingredients

- 1 Slice sourdough bread (whole grain or multigrain)
- ½ Ripe avocado
- 2 Whole eggs
- 1 tsp Extra virgin olive oil and ghee
- Salt and black pepper, to taste
- A few drops of lemon juice
- Herbs or spices of choice: sweet paprika, chives, chili flakes, or sesame seeds
- Fresh cherry tomatoes or arugula to serve on the side (Optional)

How to make step by step

1 - Toast the bread

- Heat a non-stick pan or toaster
- Toast the bread slice until golden and crisp around the edges

2 - Prepare the avocado cream

- Mash the avocado with a fork until smooth
- Add a pinch of salt, pepper, and a few drops of lemon juice to keep it fresh and bright
- Add a drizzle of olive oil and sesame seeds

3 - Cook the scrambled eggs

- In a small bowl, lightly beat the eggs with a pinch of salt
- Heat the olive oil or ghee in a non-stick pan over low heat
- Pour in the eggs and stir gently with a silicone spatula until creamy and soft — don't overcook

4 - Assemble the toast

- Spread the avocado cream on the toasted bread
- Top with the scrambled eggs
- Season with black pepper and sprinkle your favorite herbs or seeds
- Serve immediately with cherry tomatoes or a handful of arugula on the side

👉 Video recipe: <https://www.youtube.com/shorts/5QQc4hDNAi8>

💡 Tips & Variations

✓ **Nutritional Tip:** this toast provides high-quality proteins from eggs, healthy fats from avocado and olive oil, and slow-digesting carbohydrates from sourdough bread. Perfect for a balanced breakfast or a light, nourishing lunch.