

Treasure Barrel

Avocado Egg Toast – Quick Cozy Breakfast

10 min Prep time	**10 min** Cook time	**20 min** Total time
2 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 slices whole grain bread
- [ ] 1 ripe avocado
- [ ] 2 large eggs
- [ ] 1 tsp lemon juice
- [ ] ¼ tsp sea salt
- [ ] Pinch red pepper flakes (optional)
- [ ] 1 tsp olive oil

Optional Toppings

- [ ] Fresh chives, finely sliced
- [ ] Crumbled feta cheese
- [ ] A drizzle of hot sauce

Instructions

1. Toast the bread slices in a toaster or skillet until golden and crisp.
2. While the bread toasts, scoop the avocado flesh into a bowl, add lemon juice, sea salt, and mash until smooth.
3. Heat olive oil in a non-stick pan over medium-low heat, crack the eggs in, and cook sunny-side up until whites set but yolks remain runny.
4. Spread the mashed avocado evenly on each toast slice, place a cooked egg on top, and finish with a sprinkle of red pepper flakes and fresh chives.
5. Serve immediately, perhaps alongside a cup of coffee and a small side of cucumber tomato avocado salad for extra freshness.

Nutrition per serving

350 kcal	14 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado browns quickly, press a piece of plastic wrap directly onto the surface.
- A dash of hot sauce can add brightness without overwhelming the delicate flavors.
- For a heartier version, add a slice of smoked turkey ham beneath the egg.