

Zucchini Bread Recipes

Avocado Egg Toast

A comforting slice of toast with ripe avocado and a sunny egg, ready in minutes.

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
- [ ] Pinch sea salt
- [ ] Pinch cracked black pepper
- [ ] 1 tsp olive oil

Optional Toppings

- [ ] Red pepper flakes
- [ ] Chopped fresh chives
- [ ] Microgreens
- [ ] A drizzle of hot sauce

Instructions

1. Toast the bread slices in a toaster or skillet until golden and crisp; set aside on a plate.



2. While the bread toasts, cut the avocado in half, remove the pit, and scoop the flesh into a bowl. Add lemon juice, a pinch of salt, and pepper; mash gently until creamy but still slightly chunky.



3. Heat the olive oil in a non-stick skillet over medium-high heat. Crack the eggs in, keeping the yolks intact. Cook sunny-side-up for about 2-3 minutes, or until whites are set but yolks remain runny.



4. Spread the mashed avocado evenly onto each slice of toast, then place the cooked egg on top. Sprinkle optional red pepper flakes, chives, or microgreens as desired.



5 Serve immediately, perhaps alongside a fresh fruit cup or a light fluffy pancake for a heartier morning.



Nutrition per serving

320 kcal	12 g	30 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- The toast stays crispest when the avocado is spread just before serving.
- If you prefer a firmer yolk, flip the egg briefly for an over-easy finish.
- A splash of extra-virgin olive oil adds a subtle fruitiness.