

Choco Fever Dream

Avocado Egg Toast – Easy Breakfast Delight

5 min Prep time	**5 min** Cook time	**10 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 olive oil
- [ ] Pinch of sea salt
- [ ] Pinch of cracked black pepper
- [ ] 1 tsp lemon juice

Optional Toppings

- [ ] Red-pepper flakes
- [ ] Microgreens
- [ ] Feta cheese crumbles

Instructions

1. Toast the bread slices until golden and aromatic, then set aside on a plate.
2. Slice the avocado in half, remove the pit, and scoop the flesh into a bowl. Mash gently with a fork, adding lemon juice, salt, and pepper.
3. Heat a small skillet over medium heat, add olive oil, and crack the eggs in. Cook for 2-3 minutes until whites set, keeping the yolk runny.
4. Spread the mashed avocado evenly over each slice of toast, then top each with a fried egg.
5. Finish with a drizzle of olive oil, extra sprinkle of salt, pepper, and optional red-pepper flakes for a gentle heat.

Nutrition per serving

320 kcal	12 g	28 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer the yolk fully set, cover the pan for an extra minute.
- For extra crunch, toast the bread on a grill pan.
- A dash of smoked paprika adds a subtle depth without overwhelming.