



Egg and Avocado Toasts

This Recipe Serves 4

Ingredients

- 4 eggs
- 4 pieces hearty whole grain bread
- 1 avocado, mashed
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- ¼ cup nonfat plain Greek yogurt

1. To poach each egg, fill a 1-cup microwaveable bowl or teacup with ½ cup water. Gently crack an egg into the water, making sure it's completely submerged. Cover with a saucer and microwave on high for about 1 minute, or until the white is set and the yolk is starting to set but still soft (not runny).
2. Toast the bread and spread each piece with ¼ of the mashed avocado.
3. Sprinkle avocado with the salt (optional) and pepper. Top each piece with a poached egg. Top the egg with 1 tablespoon Greek yogurt.

Notes _____
