

Avocado toast with boiled egg

Serves: 1

Nutrition per serving:
273 kcal



Ingredients:

- ½ small avocado
- 1 slice toasted wholemeal bread
- 1 boiled egg

Method:

1. Mash ½ small avocado on 1 slice toasted wholemeal bread and serve topped with 1 boiled egg, sliced.