



HEALTHY AVOCADO TOAST

INGREDIENTS

- 2 slice of bread
- avocado
- salt, pepper, and red pepper flakes to taste
- fried egg
- sliced tomatoes

PREPARATION

- Toast a slice of bread to your liking
- Mash half an avocado in a bowl and spread it on the toast
- Sprinkle salt, pepper, and red pepper flakes to taste
- Optional: add a fried egg, sliced tomatoes, or other toppings of your choice. Enjoy!

