

## OUR RECIPE



### **Smashed Avocado and Poached Eggs on Toast**

**Serves 1**

## INGREDIENTS

**1/2 Ripe avocado**

**2 Free range medium sized eggs**

**2 Slices Toast (Wholegrain is preferred)**

**Salt and Pepper**

## METHOD

1. Remove the skin and stone from the avocado half
2. Smash the avocado in a bowl with a fork
3. Toast the preferred bread choice
4. Poach the eggs
5. Remove toast of toaster and equally distributing the avocado spread this on to the toast
6. Place the poached eggs on the top.
7. Season to taste as required