

# Avocado Toast with Poached Eggs & Spinach

**Prep Time:** 8 minutes | **Cook Time:** 7 minutes | **Servings:** 1

#### **Ingredients:**

- 1 slice whole-grain bread
- ½ avocado (mashed)
- 1 cup baby spinach (sautéed)
- 2 eggs (poached)
- Salt, pepper, chili flakes (optional)

### **Steps:**

- 1. Toast bread and spread mashed avocado.
- 2. Poach eggs in simmering water (3–4 mins).
- 3. Sauté spinach with a drizzle of olive oil.
- 4. Top toast with spinach and poached eggs.

### **Nutrition (approx):**

Calories: 330Protein: 17gCarbs: 26gFat: 18gFiber: 7g

## Tips:

- Sprinkle seeds (chia, flax) for added nutrition.
- Use boiled eggs for quicker prep.