

Avocado Toast with Poached Egg (Global Favorite)

Category: Breakfast | Cuisine: International

Prep Time: 10 mins | Cook Time: 15 mins | Total Time: 25 mins

Ingredients:

- 1 slice whole-grain bread
- 1/2 avocado, mashed
- 1 poached egg
- Pinch of salt and pepper
- Optional: chili flakes or lemon juice

Instructions:

1. Toast the bread slice.
2. Spread mashed avocado evenly on the toast.
3. Top with a freshly poached egg.
4. Season with salt, pepper, and optional chili flakes.

Nutrition Facts (per serving):

Nutrient	Amount
Calories	300 kcal
Protein	12 g
Carbohydrates	32 g
Fat	9 g
Fiber	5 g

Tips:

- ✓ Use whole-grain or sourdough bread for extra fiber.
- ✓ Add spinach leaves for added nutrition.