

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: 330
- Protein: 17g
- Carbs: 26g
- Fat: 18g
- Fiber: 7g

Tips:

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