



Avocado Toast with Hard-Boiled Eggs



2 servings



20 minutes

INGREDIENTS

- 2 slices of whole-grain bread
- 1 ripe avocado
- 2 hard-boiled eggs
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Red pepper flakes (optional)
- Fresh herbs (optional, such as parsley or chives)

1. Place the eggs in a pot and cover them with cold water. Bring the water to a boil over medium-high heat. Once boiling, cover the pot and remove it from heat. Let the eggs sit for about 10-12 minutes. Drain the hot water and transfer the eggs to a bowl of ice water to cool. Once cooled, peel the eggs and set them aside.
2. Toast the slices of whole-grain bread until they are golden brown and crispy. Cut the avocado in half, remove the pit, and scoop the flesh into a bowl. Add the lemon juice, salt, and pepper to the avocado and mash it with a fork until it reaches your desired consistency (smooth or chunky).
3. Spread the mashed avocado evenly over the toasted bread slices.
4. Slice the hard-boiled eggs into rounds or quarters. Place the sliced eggs on top of the avocado spread.
5. Season with additional salt, pepper, and red pepper flakes if desired. Garnish with fresh herbs for extra flavor and a pop of color.
6. Enjoy your delicious and nutritious avocado toast with hard-boiled eggs right away.