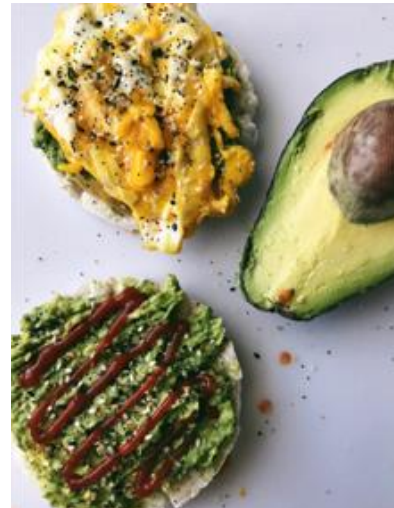


# Avocado Toast

## Ingredients

- 1 piece of whole wheat or multigrain bread
- 1/2 avocado
- Fresh lemon juice
- Black pepper
- 1-2 eggs (optional)
- Sriracha sauce (for flavor)



## Directions

Mash the avocado with a few squeezes of lemon juice. Stir in the black pepper and sriracha sauce to your taste. Toast the bread. Spread the avocado mixture on the toast. Place cooked egg on top if using.

## Nutritional Information

Avocados serve as a delicious, healthy unsaturated fat, which helps to promote satiety throughout your day. This recipe can serve as a snack or as a meal if you choose to add an egg or two on top.

*Calories per serving with 1 egg: 260*

*Calories per serving without eggs: 190*