

Heart Healthy Breakfast

TriHealth Dietician Approved



Avocado Toast with an Egg Your Way

Ingredients

- ☐ 1 ripe avocado
- ☐ 1 slice of whole grain or sourdough bread
- ☐ 1 egg
- ☐ 1 tsp olive oil
- ☐ 1/4 tsp red pepper flakes (optional)
- ☐ Salt and pepper to taste
- ☐ Lemon juice (optional)

Instructions

1. Toast the bread slice to your desired crispiness.
2. Cook egg as desired
3. Mash the avocado in a bowl, squeeze lemon juice, and season with salt, pepper, and red pepper flakes.
4. Spread the mashed avocado on the toasted bread.
5. Carefully place the poached egg on top.
6. Drizzle with a bit of olive oil for extra flavor.

Why it's heart-healthy: Avocados are rich in heart-healthy monounsaturated fats, which help lower bad cholesterol. Whole-grain bread provides fiber, and eggs offer protein and other essential nutrients.