

AVOCADO TOAST WITH SUNNY SIDE EGG

SP 4 Freestyle Points | ★ 229 calories

Total Time:15 minutes

This is MY kind of egg sandwich! Whole grain toast with mashed avocado, a runny egg and a few dashes of hot sauce – only 5 ingredients, 5 minutes to make, doesn't get better than that!

INGREDIENTS:

- 1 slice whole grain bread, toasted (1.5 oz)
- 1 oz mashed (1/4 small haas) avocado
- cooking spray
- 1 large egg
- kosher salt and black pepper to taste
- hot sauce (optional)

DIRECTIONS:

1. Mash the avocado in a small bowl and season with salt and pepper.
2. Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into the skillet. Cover and cook to your liking.
3. Place mashed avocado over toast, top with egg, salt and pepper and hot sauce if desired!

NUTRITION INFORMATION Yield: 1 serving, Serving Size: 1 toast

Amount Per Serving: Freestyle Points: 4,Points +: 6,Calories: 229 calories,Total Fat: 10g,Saturated Fat: g,Cholesterol: 186mg,Sodium: 223mg,Carbohydrates: 23g,Fiber: 5g,Sugar: 4g,Protein: 12g

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