

Avocado Toast and Eggs

Ingredients:

1. Avocados (organic if possible)
2. Whole cracked grain toast (A hearty whole grain with the seeds and grains showing is the healthiest. I like Uddi's Millet and Chia gluten-free bread.)
3. Pinch of sea salt, freshly cracked black pepper, and cayenne pepper
4. Squeeze of fresh lemon juice (optional)
5. Eggs (I prefer the omega 3 eggs. The hens are fed flaxseed and their bodies convert the ALA in the flaxseed to DHA and EPA -the healthy omega 3's. If not available, all eggs provide a great protein source for you and your kids.)
6. Sliced tomatoes or fruit
7. Milk

Directions:

I can literally make this in less than 5 minutes (with coffee in my system!). There are not enough hours in the day for me to tell you all the wonderful reasons why you should eat breakfast, but here goes! Studies show adults and children who eat a healthy breakfast have an easier time maintaining a healthy body weight, perform better at work and school, and have overall better nutrition. And the list goes on. The "superfood" avocado is a great nutritional start to any day. Avocados provide you with heart healthy fats. They also contain potassium, fiber, B vitamins, and antioxidants which help with your immune system and inflammation.

I have found two yummy ways to make avocado toast. The fast way is to toast the bread and place avocado slices on top of the toast. Sprinkle with sea salt, freshly cracked black pepper and a pinch of cayenne pepper.

The other way to make avocado toast is to mush the avocado in a small bowl. Add a few sprinkles of sea salt, freshly cracked black pepper, pinch of cayenne, and a squeeze of fresh lemon juice.

Serve with sliced tomatoes or fruit, scrambled eggs, and milk.

© 2016 by An Apple a Day the Doctor's Way | All Rights reserved. Recipes may not be reproduced, distributed, transmitted, cached or otherwise used, without prior written consent from Dr. Karen Prentice and *An Apple a Day the Doctor's Way*. Print recipe for personal use ONLY.

