



Sweet Potato & Avocado Toast with Poached Egg

1 serving
 15 minutes

Ingredients

- 1/2 Sweet Potato (large)
- 2 Egg
- 1/3 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	306
Fat	19g
Saturated	5g
Carbs	20g
Fiber	6g
Sugar	4g
Protein	15g
Sodium	182mg
Vitamin C	8mg
Calcium	84mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

More Flavor: Add "Everything but the Bagel" seasoning.

Egg-Free: Skip the eggs and top with tofu or hemp seeds instead.