



Avocado Toast with Scrambled Eggs & Fresh Fruit



Ingredients for the Avocado Toast:

- 2 slices whole-grain toast
- 1 ripe avocado, mashed
- ½ tsp lemon juice
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp red pepper flakes (optional)
- 2 slices whole-grain toast
- 1 ripe avocado, mashed
- ½ tsp lemon juice
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp red pepper flakes (optional)

Ingredients for the Scrambled Eggs:

- 2 large eggs
- 1 tbsp butter or olive oil
- ½ tsp salt
- ½ tsp black pepper

Ingredients for the Fruit Side:

- ½ cup blueberries
- ½ cup strawberries, halved
- ½ orange, sliced

Method:

1. In a bowl, mash the avocado with lemon juice, salt, and black pepper. Spread evenly on toasted whole-grain bread.
2. Heat butter or olive oil in a pan over medium-low heat. Crack eggs into a bowl, whisk lightly, and pour into the pan. Stir gently until eggs are soft and fluffy, about 3-4 minutes.
3. Season with salt and black pepper.
4. Place scrambled eggs on top of the avocado toast.
5. Sprinkle with red pepper flakes for extra flavor (optional).
6. Arrange blueberries, strawberries, and orange slices on the plate.