



**K-KITCHEN**  
MONTHLY RECIPES + NUTRITION COACHING

# Avocado Toast + Fried Eggs

## Ingredients

- 2 small or 1 large avocado
- Juice of ½ of lemon
- Chopped red pepper
- Chopped tomatoes
- Salt/pepper to taste
- Red pepper flakes
- Sourdough toast
- 4 eggs

## Preparation

1. Smash avocado with lemon juice, salt and pepper. Add chopped veggies to your taste and season with red pepper flakes.
2. Lightly toast sourdough.
3. Cook eggs until desired doneness, season with salt and pepper.
4. Spread avocado mixture onto toasted bread and top with eggs.

## Tips

These amounts easily serve 2 people. The typical sourdough bread slice size is large enough to hold two eggs. If using this as a part of a larger meal, it could serve 4.

The amount of chopped tomato and pepper is really up to you.