



# Spicy Avocado Toast and Eggs

Cook Time: 20 minutes

Servings: 2-4

## Ingredients

- 4 Pieces Whole Wheat Bread
- 1 Avocado
- 1 Jalapeno
- 1/2 Garlic Clove
- 1 tbsp. Greek Yogurt
- 4 Eggs
- 1/2 Tomato or 4 Grape Tomatoes
- Juice from 1/2 Lemon
- 1 tbsp. Parsley
- Salt to Taste
- Pepper to Taste

## Instructions

1. Put 2 pans on medium/low heat and spray with cooking spray.
2. Put 4 pieces of bread in toaster.
3. Crack 4 eggs into one pan. Flip after about 2 minutes.
4. Slice up 4 grape tomatoes or 1/2 large tomato.
5. Add them to the other pan. Flip when they get soft, about 1-2 minutes.
6. Get a bowl, and add avocado, jalapeno pepper, 1/2 garlic clove, non-fat Greek yogurt, lemon juice, salt and pepper. Use a fork to break up the avocado, and mix everything together.
7. Put the toast on a plate, slather with the avocado dip. Place an egg on top, and add the tomato slices.
8. Sprinkle with salt, pepper and parsley.

