

Avocado Toast with Bacon & Eggs



Ingredients:

- 2 thick slices whole grain bread
- 1 avocado
- 1 teaspoon lime juice
- 2 slices turkey bacon, cooked
- 2 eggs, scrambled
- Salt & pepper, to taste

Instructions:

1. Toast slices of bread.
2. Half avocado and remove pit. Remove the fruit from the peel and mash.
3. Add lime juice to the mashed avocado.
4. Season with salt and pepper to taste.
5. Spread the mashed avocado evenly on the slices of toast.
6. Top each with one egg and one piece of turkey bacon.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>