

Avocado-Egg Toast

Put this easy breakfast at the top of your to-do list this month. Topping avocado toast with an egg is a sure way to boost your happiness!



Ingredients

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder
- 1 slice whole-wheat bread
- 1 large egg, sunny side up
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Preparation

1. Combine avocado, pepper and garlic powder in a small bowl and gently mash.
2. Toast bread and top with avocado mixture, and then fried egg.
3. Garnish with Sriracha and scallion, if desired.

Nutrition (per serving)

Calories: 271 | Fat: 17.7g | Protein: 11.5g | Carbohydrates: 18.1g
Chol: 186mg | Sodium: 216g

Let's spread mental health awareness and eliminate the shame and fear commonly linked to discussions about mental health. To learn more helpful tips visit [BeWellSHBP.com/MentalHealth](https://www.BeWellSHBP.com/MentalHealth) or call **888-616-6411**.