



Avocado Toast with Eggs

Creamy seasoned avocado
spread on toast topped with an
egg and True North
Nutty No Grainer Mediterranean

Ingredients

- 4 Large eggs
- 1/4 tsp garlic powder
- 1 dash Salt
- 4 slices bread, toasted
- 1 Hass avocado, medium size (70 count size)
- 1/3 cup True North Nutty No Grainer Mediterranean

Minutes to prepare: 20

Minutes to cook: 7

Number of servings: 4

Directions:

1. Put Mediterranean Nutty No Grainer into a chopper or coffee grinder. Process the mixture until it looks coarse, about 30-45 seconds.
Avoid over-blending (texture would be like peanut butter).
2. Put the avocado (skin and pit removed) into a bowl. Using a fork, mash it until it is smooth.
Add ingarlic powder and a dash salt. Prevent turning brown by adding lemon/lime juice*.
3. Put 4 slices of bread in toaster until light brown on both sides.
Put one piece of toast on a plate.
4. Fry each egg over easy or to liking.
5. Add 1½ Tbsp. of the avocado mixture on each slice of toast.
6. Place one egg on each avocado toast.
7. Sprinkle one Tbsp of ground True North Nutty No Grainer on each egg. Serve immediately.

Serving: 1 slice toast topped with 1½ Tbsp. mashed avocado spread with 1 cooked egg
and 1 Tbsp True North Nutty No Grainer Mediterranean.



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