

Avocado Toast with Egg (4 Ways)

★★★★★ 4.97 from 53 votes

Avocado Toast with Sunny Side Egg, now this is MY kind of breakfast egg sandwich!

PREP TIME: 5 mins	COOK TIME: 5 mins	TOTAL TIME: 10 mins
YIELD: 1 serving COURSE: Breakfast, Brunch CUISINE: American		



Ingredients

- 1 slice whole grain or gluten-free bread (toasted (I love Dave's Killer Bread good seed, thin sliced))
- 1 oz mashed (1/4 small haas avocado)
- cooking spray
- 1 large egg
- kosher salt and black pepper to taste
- hot sauce or red pepper flakes (optional)

Instructions

1. Mash the avocado in a small bowl and season with salt and pepper.

For Sunny Side Up Egg Option:

1. Heat a small nonstick skillet over low heat, when hot spray with oil and gently crack the egg into the skillet. Cover and cook until the egg sets and the yolk is to your liking.

Hard Boiled Egg Option:

1. I have several methods to make hard boiled eggs, you can make hard boiled eggs on the stove, air fryer hard boiled eggs, or instant pot hard boiled eggs.

Scrambled Egg Option:

1. Beat the egg in a small bowl with a fork and season with a pinch of salt. Heat a small nonstick skillet over low heat, when hot spray with oil and pour the egg into the skillet. When the edges start to set, gently fold the eggs until the eggs are cooked through, about 2-3 minutes.

Poached Egg Option:

1. Bring a small pot of water to a boil. Crack the egg into a small bowl. When the water is boiling stir 1 teaspoon of white vinegar into the water and stir in a circular motion to create a vortex. Lower the heat then carefully add the egg to the middle of the pot and cook for 3-4 minutes, until the yolk is cooked to your liking. Remove the egg with a slotted spoon and place on a paper towel.

To finish the avocado toast:

1. Place mashed avocado over toast, top with egg, sprinkle with salt and pepper and/or hot sauce or red pepper flakes, if desired!

Nutrition

Serving: 1toast, Calories: 229kcal, Carbohydrates: 23g, Protein: 12g, Fat: 10g, Saturated Fat: 3g, Cholesterol: 186mg, Sodium: 223mg, Fiber: 5g, Sugar: 4g - WW Points: 3

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Strawberry Cheesecake Overnight Oats

This Strawberry Cheesecake Overnight Oats Recipe makes a delicious, quick breakfast for meal prep. They’re high in protein and AMAZING.

Prep Time	Total Time
2 hrs	2 hrs

Course: Breakfast Cuisine: American Servings: 1 serving
Calories: 392kcal Author: Randa Derkson

Equipment

- 1 Mason Jar

Ingredients

- 1/4 cup oats rolled or quick is fine
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder or vanilla is fine
- 1 tablespoons sugar free jello cheesecake pudding mix
- 3/4 cup unsweetened almond milk
- 2/3 cup 0% greek yogurt
- 1 tablespoon lemon juice
- 1/4-1/2 cup frozen strawberries

Instructions

1. Add all of the ingredients into a large mason jar. Stir together.
2. Put on a lid and refrigerate over night.

Notes

Sugar free cheesecake Jello pudding mix is not available for Canadians. You can use regular vanilla. This adds some flavor and thickens it up to almost a pudding consistency.Add 1-2 tablespoons of whipped cream or coco whip if desired.Macros will change dependant on measurements and brand of protein powder used.

The sugar-free cheesecake jello is not celiac-safe. It contains barley, so they're not 100% gluten-free.

Nutrition

Serving: 1serving | Calories: 392kcal | Carbohydrates: 36g | Protein: 43g | Fat: 9g | Saturated Fat: 1g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 2g | Trans Fat: 0.03g | Cholesterol: 7mg | Sodium: 765mg | Potassium: 821mg | Fiber: 8g | Sugar: 7g | Vitamin A: 17IU | Vitamin C: 27mg | Calcium: 491mg | Iron: 2mg



★★★★★
4.74 from 41 votes

YIELD: 12 SERVINGS

Egg Muffin Cups with Turkey Bacon

These individual-sized egg muffin cups with turkey bacon are fantastic make-ahead breakfast morsels. They are high in protein, low in carbs and only 80 calories each.

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	18 minutes	23 minutes

Ingredients

- 6 slices turkey bacon
- 5 whole eggs
- 11 egg whites (1-1/4 cups)
- 1/2 cup low fat cottage cheese
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 scallions, chopped
- 1/2 cup cheddar cheese



Instructions

1. Pre-heat the oven to 350°F and spray a 12-cup muffin tin with non-stick spray.
2. Cook the turkey bacon in a skillet until it is browned then chop it into small bits.
3. Place the eggs, egg whites, and cottage cheese in a blender and blend until smooth.
4. Pour the egg mixture into the muffin cups. Divide the bacon bits and chopped scallions among the muffin tins. Sprinkle the tops with the shredded cheese.
5. Bake for 18 to 22 minutes or until the centers are set. The eggs will puff up when they are done and sink back down when they cool.
6. Allow the eggs to cool then run a knife around the edges and remove them from the muffin tin.
7. Serve with salsa and sour cream if desired.

Notes

1. Store in the refrigerator for 1 week or in the freezer for 3 months. Re-heat them in the microwave at 20-second intervals until heated through.
2. It takes about 40 seconds to re-heat a thawed egg muffin and about 1 minute 20 seconds to reheat a frozen egg muffin.

Nutrition Information: YIELD: 12 SERVING SIZE: 1

Amount Per Serving: CALORIES: 80 TOTAL FAT: 3.9g SATURATED FAT: 2g TRANS FAT: 0g UNSATURATED FAT: 2g CHOLESTEROL: 89mg SODIUM: 278mg CARBOHYDRATES: 1g FIBER: 0g SUGAR: 1g PROTEIN: 10g

Nutrition information is a guideline only, is calculated automatically by third party software, and absolute accuracy is not guaranteed.