

Christi's Avocado Toast



PREP TIME:
5 MINUTES

COOK TIME:
5 MINUTES

TOTAL TIME:
10 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

Ingredients:

- 1 Slice Gluten Free Bread (*recommend Base Culture Brand*)
- 1 Organic Egg
- ½ Avocado – Scooped from shell & sliced
- ¼ Cup Broccoli Sprouts
- 1 teaspoon Ghee
- Pinch Himalayan Sea Salt
- Few Cracks of Black Pepper
- Splash of Hot Sauce
- **Optional:** Couple Shakes Red Hot Pepper Flakes
- **Optional:** *For vegan option – leave out the egg*

Instructions:

1. Lightly spray a small frying pan with olive oil. Warm to medium heat.
2. Crack the egg into the pan. Sprinkle with pinch of sea salt and cracked black pepper.
3. Cook about 2-3 minutes and then flip over and cook another minute.
4. In the meantime, toast your bread.
5. Slather the ghee on your toast. Next add the avocado, egg, and sprouts on top of bread.
6. Garnish with splatter of hot sauce.
7. **Optional** – sprinkle with red hot pepper flakes.

***Try and use all organic ingredients if possible.**