

# Egg-in-a-Mug Avocado Toast

*yield:* 1 SERVING

*cook time:* 2 MINUTES

*prep time:* 3 MINUTES

*total time:* 5 MINUTES



## INGREDIENTS

2 large eggs

1 tbsp milk

1 piece bread

½ avocado

¼ cup shredded cheese

1 pinch salt & pepper

*No stovetop needed -  
just a microwave!  
Enjoy this as an easy  
breakfast or snack to  
power your day.*

## INSTRUCTIONS

1. Toast bread.
2. Grease a mug. Add eggs, milk, salt, & pepper and stir until well blended.
3. Microwave on high for 30 seconds.
4. Stir edges inward. Microwave 20 seconds.
5. Continue cooking in 10-20 second increments until eggs are just cooked through.
6. Add cheese to eggs immediately.
7. Mash avocado and spread on toast.
8. Remove egg from mug and add to toast.
9. Add any desired additional toppings.
10. Sprinkle salt & pepper to taste. Enjoy!

**Additional Toppings:** sliced tomatoes, smoked salmon, bacon, chives, onions, roasted peppers, salsa, apricot jam, sauteed mushrooms.

**Bread Suggestions:** whole grain or whole wheat bread will have a richer taste, but a bagel, english muffin, ciabatta, or any bread works!

**Alternate Serving Options:** make into a sandwich (2 slices of bread or a bagel) or a wrap (use any type of tortilla).

**Do I have to use a mug?** No, a small microwave-safe bowl works too!