Healthy Avocado Toast With Eggs



Egg Cooker and Toaster
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Stay full all morning long with our Healthy Avocado Toast with Eggs recipe. Packed with satiating avocado fats, complex carbohydrates, and eggs, this meal is pure nutrition fuel. Use your NESCO Toaster to achieve the perfect crispy slice and your NESCO Egg Cooker to ensure creamy egg yolks every time. Wake up on the right side of the bed with NESCO.

Your Key Ingredients:

NESCO Egg Cooker
NESCO Toaster

Grocery Ingredients:

8 eggs
2 avocados
chia seeds
sunflower seeds
1/4 teaspoon salt
Freshly ground black pepper
Wholegrain bread
Fresh basil leaves

Instructions:

1. Measure the amount of water for hard-boiled marked on the measuring cup and pour water into base of your **NESCO® Egg Cooker**.
2. Use the pin on the measuring cup and prick each egg before placing on the tray (reduces cracking eggshells).
3. Remove the eggs and peel the eggshells under cool running water. Slice the eggs in half lengthwise.
4. Toast the bread and spread mashed avocado over the toast. Garnish with basil, chia seeds, sunflower seeds, salt to taste.
5. Place the halved hard-boiled eggs on top. Sprinkle with fresh pepper and serve. Makes 8 slices.