



Avocado, Cottage Cheese & Egg on Toast

1 serving

15 minutes

Ingredients

- 1 Egg (large)
- 1/4 cup Cottage Cheese
- 1/4 Avocado (medium, mashed)
- 1 slice Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	313
Carbs	24g
Fiber	6g
Sugar	5g
Protein	19g
Cholesterol	195mg
Sodium	397mg
Vitamin A	417IU
Vitamin C	5mg
Calcium	120mg
Iron	2mg
Vitamin D	43IU

Directions

- 1 Place the egg in a saucepan and cover with water. Cover and bring to a boil. Once boiling, turn off the heat and let it sit for 12 minutes. Drain and run cold water over the egg until cool enough to handle and peel. Slice and set aside.
- 2 Add the cottage cheese, mashed avocado, and sliced egg to the toast. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Meal prep the eggs in advance and assemble when ready to eat. Refrigerate the eggs with the shell on for up to a week.

Serving Size: One serving is one piece of toast with one egg, 1/4 cup of cottage cheese, and 1/4 cup of avocado.

More Flavor: Season with salt and pepper.