

## *Eggs & Avocado* EDIBLE ENERGY

### Ingredients

1 hard-boiled egg, sliced  
¼ avocado, smashed  
1 sprouted grain bread,  
toasted  
Everything but the bagel  
seasoning



- Placed smashed avocado on sprouted grain toast
- Add sliced hard-boiled egg
- Sprinkle with Everything but the bagel seasoning to taste

Calories: 200-300/serving (this will vary based on the bread, some bread is sliced thinner or thicker)

Yield: 1 serving