

# Lunch



## Smashed Avocado and Eggy Toast

SERVES 4

The combo of avocado and egg provides a big boost of protein and ensures your body is fuelled for the whole afternoon.

- 2 ripe avocados
- 1 bunch watercress, stems and bottoms trimmed
- Juice of 1 lime
- 2 tsp (10 mL) grated fresh ginger
- 1/4 tsp (1 mL) sea salt
- 1/4 tsp (1 mL) chili flakes (optional)
- 1/2 tsp (2 mL) extra-virgin olive oil
- 4 large eggs
- 4 slices sprouted grain bread, toasted or rice cakes

## PROTEIN BOOST

Top a piece of whole grain toast with your favourite style of egg. Try poached, scrambled or sliced hard-boiled eggs.

Slice avocados in half and discard pits. Score halves into cubes (be careful not to cut through the skin), then scoop flesh into bowl. Chop three-quarters of the watercress and add. Squeeze in juice from lime and add ginger, salt and chili flakes. Stir gently to mix.

Heat oil in cast iron frying pan over medium heat. When hot, crack in eggs. Fry just until whites are firm and yolks are done as you like.

Divide avocado mixture between pieces of toast. Using fork, lightly smash avocado mixture. Top with eggs. Garnish with remaining watercress.

EACH SERVING CONTAINS: 281 calories; 11 g protein; 18 g total fat (0 g sat. fat, 0 g trans fat); 22 g total carbohydrates (3 g sugars, 7 g fibre); 349 mg sodium