



AVOCADO TOAST

INGREDIENTS

1 Slice of Toast
1/4 Avocado

Optional:

Egg

Garlic

Everything but the

Bagel Seasoning

Bacon Bits

DIRECTIONS

Slice the avocado in half and remove the flesh. With a fork, mash the avocado.

Toast bread and spread with avocado.

Add a little variety by topping with an over-easy or scrambled egg, bacon bits, or seasonings like garlic or Everything but the Bagel Seasoning.

This is a great customizable recipe for breakfast or a snack!

Did you know?

Breakfast is essential for many different reasons. Here's the quick facts.

- Increases alertness, cognitive function, enhances memory
- Jump starts metabolism
- Can improve mood

Set up an appointment with the Registered Dietitian at SHS
701-231-7331 or through the Student Health Portal