



# Guacamole Toast Breakfast Hack



Entire recipe: 194 calories, 9.5 total fat (2g sat. fat), 462mg sodium, 18.5g carbs, 4.5g fiber, 3g sugars, 10g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



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## Ingredients

- 1 slice whole-grain bread with 60–80 calories per slice
- 2 tbsp. store-bought guacamole (like [Wholly Guacamole](#))
- 2 tbsp. chopped tomato
- 1 tbsp. finely chopped red onion
- 1 large egg

### Seasonings:

Dash each salt and black pepper  
Optional toppings: chopped fresh cilantro

## Directions

Toast bread. Spread with guacamole. Top with tomato and onion.

Bring a skillet sprayed with nonstick spray to medium heat. Add the egg, and sprinkle with salt and pepper. Cook egg over medium, 1–2 minutes. (Or cook to your preference.)

Place egg over the toast.

### MAKES 1 SERVING

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