

Cheesy Avocado Scramble on Toast

Start your day with a nutritious and flavorful breakfast of cheesy scrambled eggs, creamy avocado, and fresh tomatoes served on crispy toast. It's a delightful combination that fuels your morning!


15 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 2 large eggs
- 1/2 ripe avocado
- 1 small tomato, diced
- 1 slice of whole grain bread
- 1/4 cup shredded cheese (cheddar or your choice)
- Salt and pepper to taste
- Butter or olive oil for toasting

Steps

- 1 In a bowl, whisk the eggs with salt and pepper until well combined.
- 2 Heat a non-stick skillet over medium heat and add a small amount of butter or olive oil.
- 3 Pour the eggs into the skillet and cook, stirring gently, until they start to thicken.
- 4 Add the shredded cheese and continue to cook until the eggs are just set and the cheese is melted.
- 5 While the eggs are cooking, toast the slice of bread until golden brown.
- 6 Mash the avocado in a small bowl and season with salt and pepper.
- 7 Once the eggs are done, top the toast with the cheesy scrambled eggs, then add the mashed avocado and diced tomatoes on top.
- 8 Serve immediately and enjoy your delicious breakfast!