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Avocado And Egg Sweet Potato Toast

Ingredients

1 sweet potato
2 eggs
1 tsp coconut oil
2 avocados, sliced
2 chives, chopped
sea salt, to taste
pepper, to taste

Directions

1. Slice the sweet potato lengthwise into 4 pieces.
2. Poke the slices with a fork and microwave until soft yet slightly firm, about two minutes, flipping halfway through.
3. Toast in a toaster oven until tender when pierced and set aside.
4. Over medium heat, melt coconut oil in a pan and fry the eggs until the edges start to brown. Place the eggs on top of the sweet potato slices.
5. Cut the avocado and layer on top of the eggs.
6. Sprinkle each slice with chopped chives, salt, and cracked pepper to taste.

Nutrition Information

Serving size: 4 slices
Recipe yields 1 serving