

RECIPE

Egg n' Guac Breakfast Sandwich



Ready in **5 minutes**

Serves **1 person**

435 calories

23g. Protein

35g. Carbs

25g. Fat

Ingredients

- 1 slice bread
- 2 whole eggs
- ½ avocado
- 1 oz. feta cheese
- 2 Tbsp. salsa
- 1 handful spinach
- S&P
- Garlic powder
- Onion salt

Preparation

1. **Scramble eggs in a bowl, add S&P to taste, pour onto a warm skillet and cook with low heat. 2 min. On each side. Flipping like an omelette.**
2. While eggs are cooking, make your guac. Smash avocado and feta cheese together until desired consistency. Add salsa and seasonings generously: S&P, garlic powder and onion salt.
3. **Slice bread in half, top with eggs, spinach and guac.**
4. **Enjoy!**

Tips

Toast your bread if you want your sandwich more firm. You can also add bacon or choice of meat if you want to increase your protein and fat content.

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