

# Mini Avocado Toast with Egg

serves 4

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## INGREDIENTS

Ciabatta	1
Quail eggs	3, boiled
Avocado	100g, mashed
Lemon juice	1 tsp
Olive oil	1 tsp
Pepper	½ tsp

## METHOD OF PREPARATION

1. Boil quail eggs for 2 minutes. Place the eggs in cold water to chill. Peel.
2. Combine mashed avocado, olive oil, pepper and lime juice into a bowl.
3. Cut ciabatta bread into 6 pieces
4. Spread avocado mix onto the bread.
5. Place a sliced quail egg on top.

## NUTRITION INFORMATION per serving

Energy	63 kcal
Protein	1.8g
*Carbohydrate	6g
Total Fat	3.5g
Saturated fat	0.7g
Trans fat	0g
Cholesterol	38 mg
Dietary fibre	1 g
Sodium	54 mg
Carbohydrate exchange	~ 0.5 exchange

Kohila is the author of *How to Lose Weight Without Hunger* published by PatientsEngage.  
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