

A NEARLY PERFECT EVERYDAY BREAKFAST

Servings: 1 | Prep Time: 8 minutes | Ingredients: 5

Ingredients:

- 1 slice of bread (we love Canyon Bakery Gluten-Free Rye for this but any bread you love will do)
- 1 egg
- 1/2 avocado
- Trader Joe's Everything But The Bagel Seasoning
- salt

Directions:

1. Put a small saucepan of cold water on high heat and cover.
2. Take a slice of your favorite bread from the freezer (bread freezes so well) and throw it in the toaster or toaster oven to begin thawing (don't turn on yet).
3. Cut your avo in half and preserve the half you're not eating with this magic contraption (that really works!) to prevent browning.
4. When your water comes to a boil, turn on your toaster, crack your egg into the ramekin, slip it into the boiling water, and set your microwave timer for 3 minutes. No need for a vortex, no need for vinegar. But having a vessel to pour it close to the water is key. You can also use a small bowl for this.
5. After 2 minutes your toast will be perfect. Plate it up, squeeze your avocado half onto it, smash a bit with a fork, and sprinkle with few flakes of salt.
6. When your timer dings, use your skimmer to gently extract your egg from the boiling water, making sure all the water is drained.
7. Place your egg gently atop your mashed avocado toast, and sprinkle liberally with Trader Joe's EBTB seasoning. Consume immediately.

Note: This can easily be turned into a family meal by using a larger saucepan and cooking all your eggs at the same time, and ditto for your toast.

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