

## Sunny Avocado Toast with Banana: Healthy, Hearty Breakfast

Sunny Avocado Toast with Banana Slices: A Bright Start to Your Day



**TIME**  
**2-3 min**

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**ChefManiac**

### INGREDIENTS

1 slice whole wheat or multigrain toast  
½ ripe avocado, mashed  
1 egg  
1 tsp olive oil or butter (for frying egg)  
Pinch of paprika or chili powder (optional)  
½ banana, sliced  
Salt & black pepper to taste

### DIRECTIONS

1. **1. Toast the Bread:** Start by toasting your chosen slice of bread until it's perfectly golden brown and crisp. This provides a sturdy base for your toppings.
2. **2. Mash the Avocado:** While the bread is toasting, scoop the flesh from your ½ ripe avocado into a small bowl. Using a fork, mash the avocado until it reaches your desired consistency (chunky or smooth). Add a small pinch of salt, if desired, to enhance the avocado's flavor. Spread this mashed avocado generously and evenly over the warm, toasted bread.
3. **3. Fry the Egg:** Heat 1 teaspoon of olive oil or butter in a small non-stick pan over medium heat. Once hot, carefully crack the egg into the pan. Fry the egg sunny-side-up until the whites are fully set and cooked through, but the yolk remains perfectly runny. This usually takes about 2-3 minutes.
4. **4. Assemble the Plate:** Carefully slide the fried egg directly on top of the avocado toast. Sprinkle the egg and avocado with a little freshly ground black pepper. If desired, add a pinch of paprika or chili powder for extra color and a hint of spice. On the side of the plate, artfully arrange the sliced ½ banana.
5. **5. Serve and Enjoy:** Serve your Sunny Avocado Toast with Banana Slices immediately and savor every delicious bite!

### SWAPS & NOTES

Bread: While whole wheat or multigrain toast provides excellent flavor and nutrients, feel free to use your favorite

bread: sourdough, rye, or even a gluten-free option.

Avocado: Ensure your avocado is ripe for easy mashing and creamy texture.

If it's too hard, it won't mash smoothly; if it's overripe, it might be stringy.

Egg Style: A sunny-side-up egg with its runny yolk is highly recommended for richness.

### TIPS FOR SUCCESS

**Ripe Avocado:** The key to creamy avocado toast is a perfectly ripe avocado.

It should yield slightly when gently squeezed.

**Hot Toast:** Spreading avocado on warm toast makes it slightly melty and more enjoyable.

**Perfect Fried Egg:** Cook the egg on medium heat to ensure the whites set without overcooking the yolk.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sunny-avocado-toast-with-banana-healthy-hearty-breakfast/>