

Avocado Toast with Scrambled Eggs & Fresh Fruit: Balanced Breakfast

Avocado Toast with Scrambled Eggs and Fresh Fruit: A Balanced & Delicious Start to Your Day!



TIME
2-3 min

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INGREDIENTS

- 2 slices whole-grain toast (whole wheat or multigrain)
- 1 ripe avocado
- 2 large eggs
- $\frac{1}{2}$ tablespoon olive oil or butter (for cooking eggs)
- Salt & black pepper (to taste)
- $\frac{1}{4}$ teaspoon red pepper flakes (optional, for a subtle kick)
- Fresh cilantro (for garnish, optional)
- $\frac{1}{4}$ cup fresh blueberries
- 2 fresh strawberries, sliced
- 2 orange slices (or wedges)

DIRECTIONS

- 1.** Prepare the : Avocado Spread: In a small bowl, scoop out the flesh of 1 ripe avocado. Using a fork, mash the avocado until it reaches your desired consistency (chunky or smooth). Season with salt, black pepper, and $\frac{1}{4}$ teaspoon red pepper flakes (if using). Mix well to combine.
- 2.** Toast the : Bread: Place the 2 slices of whole-grain toast in a toaster or toaster oven. Toast until they are perfectly golden brown and crisp.
- 3.** Cook the : Eggs: While the bread is toasting, heat $\frac{1}{2}$ tablespoon olive oil or butter in a small non-stick pan over medium heat. Crack the 2 large eggs into the pan. Stir gently with a spatula to scramble them, cooking for 2-3 minutes until they are set but still soft and fluffy. Don't overcook them, or they'll become rubbery! Season the cooked scrambled eggs with a pinch of salt and black pepper.
- 4.** Assemble the : Toast: Spread the mashed avocado mixture generously and evenly over the two slices of warm, toasted bread. Top each avocado toast with a portion of the fluffy scrambled eggs. If desired, garnish with a sprinkle of fresh chopped cilantro for extra flavor and color.
- 5.** Add : Fresh Fruit and Serve: Arrange the $\frac{1}{4}$ cup fresh blueberries, 2 sliced strawberries, and 2 orange slices (or wedges) on the side of the plates, complementing the avocado toast. Enjoy your healthy, nutrient-filled breakfast immediately!

SWAPS & NOTES

Bread: Whole-grain or multigrain toast provides great flavor and fiber.

Feel free to use your favorite bread, such as sourdough, rye, or even a gluten-free option.

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

It should yield gently when pressed.

TIPS FOR SUCCESS

Ripe Avocado is Key: A perfectly ripe avocado ensures a creamy, easy-to-mash spread.

Don't Overcook Eggs: Scrambled eggs are best when cooked just until set but still moist.

Seasoning Layers: Seasoning the avocado spread and the eggs separately ensures maximum flavor throughout the dish.

Hot Toast, Cold Fruit: The contrast of warm toast and eggs with cool, fresh fruit is delightful.

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

Original recipe: <https://chefmaniac.com/avocado-toast-with-scrambled-eggs-fresh-fruit-balanced-breakfast/>