

## Healthy Breakfast Plate: My 10-Minute Recipe for a Great Start

Some mornings, you just need a meal that's as vibrant as it is nourishing. This



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### INGREDIENTS

- 2 slices toasted bread
- 2 sunny-side-up eggs
- Fresh avocado slices
- Sweet corn
- Cherry tomatoes
- Fresh blueberries
- Baby greens
- Chia seeds and sesame seeds
- Olive oil
- Paprika, salt, and pepper to taste

### DIRECTIONS

- 1. Prep the : Toast:** Toast your bread slices until they are golden brown and crispy.
- 2. Cook the : Eggs:** While the bread is toasting, cook your eggs sunny-side up in a non-stick skillet with a pinch of salt and a dash of paprika.
- 3. Assemble the : Plate:** Arrange the toasted bread and cooked eggs on a plate. Neatly place the fresh avocado slices, a handful of sweet corn, some cherry tomatoes, and the baby greens around them.
- 4. Add a : Sweet Touch:** Add a small handful of fresh blueberries to the plate for a pop of sweetness.
- 5. Season and : Serve:** Sprinkle the chia seeds and sesame seeds over the avocado and eggs. Drizzle a little olive oil over everything, and finish with a bit of salt and pepper. Serve immediately and enjoy your colorful and healthy breakfast!

### SWAPS & NOTES

**Eggs:** While sunny-side-up eggs are my favorite for this plate, you can use hard-boiled, scrambled, or poached eggs.

**Bread:** Any crusty bread, like a baguette or sourdough, works well.

For a low-carb or gluten-free option, you can omit the bread or use gluten-free toast.

**Veggies:** The corn and cherry tomatoes are a great combination, but feel free to add other veggies like bell peppers, thinly sliced red onion, or cucumber.

### TIPS FOR SUCCESS

**Fresh Ingredients are Key:** The star of this dish is the quality of your ingredients.

Ripe avocado and fresh berries will make all the difference.

Seasoning Matters: A little sprinkle of paprika on the eggs and a drizzle of good quality olive oil can elevate the entire plate.

Don't Forget the Toast: The crispy toast is the perfect vehicle for scooping up the runny egg yolk and avocado.

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Original recipe: <https://chefmaniac.com/healthy-breakfast-plate-my-10-minute-recipe-for-a-great-start/>