

## Healthy Avocado Toast with Sunny-Side Eggs and Berries

Nourishing Avocado Egg Breakfast Plate

**TIME**  
**15 min**

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### INGREDIENTS

2 large eggs  
1 ripe avocado  
1 slice sourdough or whole wheat bread  
1/2 cup fresh blueberries  
1/2 cup fresh raspberries  
1/2 cup fresh blackberries  
Pinch of salt  
Pinch of black pepper  
Squeeze of lemon juice

### DIRECTIONS

- 1.** Toast the Bread: Toast your slice until golden and crisp.
- 2.** Mash the Avocado: In a small bowl, mash the avocado with a fork. Add a squeeze of lemon juice and a pinch of salt.
- 3.** Cook the Eggs: Cook the eggs sunny-side up (or to your preferred doneness). Season with salt and freshly ground black pepper.
- 4.** Assemble: Spread the mashed avocado over the toast. Top with the cooked eggs.
- 5.** Plate & Serve: Arrange fresh blueberries, raspberries, and blackberries on the side. Serve immediately.

### SWAPS & NOTES

& Swaps Bread: Sourdough offers tangy flavor; whole wheat adds extra fiber.

Avocado: Choose one that yields slightly when pressed.

Eggs: Sunny-side up looks beautiful, but over-easy or poached works just as well.

Berries: Use any seasonal mix you love - strawberries are great too.

### TIPS FOR SUCCESS

Use a nonstick skillet for perfectly cooked eggs.

Don't overcook the yolks if you want that creamy center.

Add a sprinkle of everything bagel seasoning for extra flavor.

If meal prepping, mash avocado fresh to prevent browning.

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

Original recipe: <https://chefmaniac.com/healthy-avocado-toast-with-sunny-side-eggs-and-berries/>