



Egg & Avocado Toast

Maintenance used: wheat bread, egg

Ingredients:

- Sara Lee Wheat Bread
- Egg maintenance / scrambled eggs
- Avocado

Instructions:

1. Toast your wheat bread
2. Scramble eggs to your liking
3. Cut an avocado in half. Remove the avocado from the skin with a fork or spoon.
4. Using half of the avocado, mash or cut it up into thin slices and place on bread
5. Add your scrambled eggs on top of the avocado. Season with salt and pepper to your liking.
6. Serve!



Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Food Allergy Institute Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Wheat bread, Egg