

Avocado & Scrambled Egg Toast

Maintenance/Treatment to be mixed into your toast: scrambled egg, ground nuts, ground seeds

Ingredients:

- 1 avocado
- maintenance/treatment scrambled egg
- 1 slice of toast (bread of choice)
- Optional: For maintenance recipe use, add maintenance ground nuts/seeds
- Optional: clarified butter maintenance
- Salt/pepper to taste



Instructions:

1. Toast your bread of choice
2. Mash up your avocado and add salt/pepper to taste
3. Optional: Mix maintenance ground nuts/ground seeds into mashed avocado
4. Cook your quail, duck, or hen egg scrambled. Salt and pepper to taste.
5. Optional: add your clarified butter to your bread.
6. Assemble your avocado toast. Apply mashed avocado onto toast then add a scrambled egg on top.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy 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: egg, tree nuts, wheat