



### 3 Egg Scramble with Avocado Toast

#### Ingredients:

- 3 eggs
- ¼ red pepper diced
- 2 T. diced onions
- 1 t. avocado oil
- 1 slice Arnold's organic 22 grains & seeds bread
- ¼ large avocado sliced

Heat fry pan on medium-high heat. Add 1 t. and then the diced red peppers and onions. Sauté until tender. Whisk eggs until well blended. Add to the fry pan with the veggies and stir until done.

Toast bread and top with avocado slices – mash to cover toast.

Serves 1