

Avocado and Egg

Breakfast Sandwich

A delicious and nutritious breakfast sandwich with avocado, egg, and the subtle flavor of Green Rooibos Bonita tea.

PREP TIME: 10 minutes

COOK TIME: 10 minutes

4 slices whole grain bread, toasted
1 ripe avocado, mashed
1/2 C brewed Green Rooibos Bonita tea,
cooled

4 lg eggs
1/4 C shredded cheddar cheese
1/4 C baby spinach
Salt and pepper to taste

MIX THE MASHED AVOCADO with the Green Rooibos Bonita tea, salt, and pepper.

COOK THE EGGS in a skillet over medium heat, stirring until scrambled.

SPREAD THE AVOCADO MIXTURE on the toasted bread slices.

TOP WITH SCRAMBLED EGGS, cheddar cheese, and baby spinach.

ASSEMBLE THE SANDWICHES and serve immediately.