



EGG SANDWICH

MAKES 1 SERVING

INGREDIENTS

2 SLICES MARK HYMAN'S ANTI-INFLAMMATORY FLUFFY SANDWICH BREAD

1 SMALL AVOCADO

2 PASTURE RAISED EGGS

SALT & PEPPER, OPTIONAL

METHOD

TOAST BREAD THEN TOP EACH SLICE WITH 1/2 AVOCADO; USE A FORK TO SMASH THE AVOCADO ONTO THE BREAD. COOK EGGS AS DESIRED (HARD BOILED, SCRAMBLED, FRIED, OVER EASY, ETC.) AND PLACE BETWEEN EACH SLICE OF TOAST. SPRINKLE WITH SALT & PEPPER, IF DESIRED.