

Complete Breakfast Toast



Ingredients:

- 4 slices wheat bread, toasted
- 2 egg, cooked to order (optional)
- 1/4 avocado, mashed
- 1/4 cup low-fat refried beans

Directions:

1. Warm the beans to desired temperature.
2. Spread 1/4 of the beans onto each slice of toasted bread.
3. Spread 1/4 of the mashed avocado on top of the beans.
4. Top each piece of toast with 1/4 of the eggs.
5. Serve immediately.

Makes 2-4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>