

# Ezekiel Bread Breakfast Sandwich

by Cynthia Craig



## Ingredients:

- 2 slices of toasted [Food For Life® Ezekiel 4:9® Sprouted Whole Grain Bread](#)
- 1/2 ripe avocado
- 1 egg
- juice of lemon

- Dash of Kosher sea salt (to your taste)
- Dash of Ground black pepper (to your taste)

Directions:

1. Take 1/2 scooped out avocado and smash in bowl; add juice of lemon; kosher sea salt and black pepper. Mix well and set aside.
2. Fry the egg in a little butter or olive oil (I prefer to cook my egg until it is just set but not too runny)
3. Spread the avocado on the toasted Ezekiel bread; add the egg and end with the other slice of toast.

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