



SERVING SIZE
Recipe makes 3 servings (1 serving = 2 pieces of "toast")








Avocado Potato Toast + Egg

INGREDIENTS

- 6 frozen hash brown patties
- 1 tsp ground sea salt, divided
- 1 tsp ground black pepper, divided
- 2 tbsp ghee
- 6 eggs
- 1 large avocado, mashed

FOOD PLATE SECTIONS FULFILLED

				
Protein	Fats	Carb	Vegetables	Extras

INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. Place hash browns on a large rimmed baking sheet, fitted with parchment. Season with half of the salt and pepper.
3. Bake for 7 minutes, flip and cook for an additional 5 minutes.
4. While the hash browns are cooking, heat the ghee over medium heat in a large frying pan.
5. Gently crack the eggs into the pan, and season with remaining salt and pepper. Cook eggs to desired doneness.
6. Top each hash brown patty with avocado, and top with a fried egg.