



# AVOCADO TOAST, POACHED EGG, AND YOGURT SAUCE



Preparation time  
**10min**



Total time  
**10min**



Portions  
**2**



Difficulty  
**Easy**

## INGREDIENTS

- 1 Aurum avocado
- Bread
- 1 egg
- Plain yogurt
- Lemon
- Garlic powder or grated garlic
- Salt, pepper, and chives

## PREPARATION

1. Mix the yogurt with lemon juice, garlic, salt, and pepper.
2. Poach the egg.
3. Spread the avocado on the toast, place the poached egg on top.
4. Finish with the yogurt sauce and chopped chives.