



Rustic tomato & smashed Avo on rye bread



Makes : Serves 1

Ingredients

4 chopped tomatoes (cherry and sun blushed are nice)

2 Boiled eggs with cracked black pepper.

2 pieces of Rye bread (Rye is an excellent it's 100% wheat free it can also alleviate bloating and dis- comfort. It also contains four times the fibre and 30% fewer calories than the standard white bread ;).

Half a lemon

sprinkle of black pepper

Method

Toast the Rye bread and then smash the half avocado on to it like a spread. Then slice or also smash the boiled egg (one on each) on to the bread. Then place the tomatoes on top. Squeeze the lemon and sprinkle the black pepper.

I also really enjoy Rye bread toasted with almond butter it is another great protein breakfast but make sure to put down the almond butter once you have spreader it ;).