

# Not Your Average Avocado Toast JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 pieces of Stonemill Roasted Garlic & Sea Salt
- 1 small ripe avocado, mashed or sliced
- 1 tbsp butter or ghee
- 2 medium whole eggs, whisked
- 2 tbsp extra virgin olive oil
- 1/2 cup cherry tomatoes, halved
- 1 cup loosely packed Tuscan kale, chopped
- 1/2 tsp garlic powder or fresh garlic minced
- 1 tsp nutritional yeast
- Pinch of Maldon sea salt + black pepper to taste

## Instructions:

1. Toast two pieces of Stonemill Roasted Garlic & Sea Salt bread.
2. In a small fry pan, melt butter or ghee on medium heat. Add 2 eggs and scramble. Set aside once done
3. In the same pan, add olive oil. Next, add kale and cherry tomatoes. Add garlic powder or fresh garlic and lightly sautee kale and cherry tomatoes until the kale is wilted and the tomatoes are warm.
4. Divide the mashed avocado between two pieces of toast. Top with warmed kale mixture, sprinkle with nutritional yeast and sea salt and pepper.

## Notes:

Serves 1