

Walker's Breakie Tartine

JOYOUS HEALTH

Ingredients:

- 2 slices toasted bread
- 2 poached or hard boiled eggs, thinly sliced
- 1 avocado, thinly sliced
- 4 radishes, grated or thinly sliced
- Dollop of extra-virgin olive oil (evoo)
- Pinch of sea salt and pepper

Instructions:

1. Poach or hard boil your eggs. I find the perfect hard boiled egg is 6-7 minutes.
2. Drizzle some evoo on the toasted bread.
3. Layer with avocado, eggs and then radish.
4. Sprinkle with sea salt and pepper!

Notes:

This could serve 1 or 2 people. I personally find that 1 egg with half an avocado is perfect with some fruit for me. Walker could easily eat two of these tartines to himself.