

Hummus & Egg Toast

Serves
1

INGREDIENTS

- + Spiced sprouted grain bread
- + 3 tbsp of hummus (recommend red roasted pepper)
- + 1 sliced boiled egg (or scrambled)

DIRECTIONS

- 1** Toast a slice of sprouted grain bread.
- 2** Spread a thin layer of the hummus over it.
- 3** Top with the sliced boiled egg or a freshly scrambled egg.