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.