



Snack Recipe

Smashed Avocado with Egg Fingers

Ingredients

- 1 egg
- 1/4- 1/2 ripe avocado
- Squeeze lemon juice

Method

- 1) Bring a saucepan of water to the boil
- 2) Carefully place the egg into the saucepan and cook for 8 minutes
- 3) Once cooked, transfer the eggs to a bowl of cold water to cool
- 4) Mash the avocado with a fork and add a dash of lemon juice
- 5) Once the egg has cooled, peel and slice into finger-sized slices.