

Fried Egg BLT

Ingredients:

- 2 slices of bread of choice
- ¼ of avocado
- 1 Egg
- 3 stripes of bacon, turkey
- Romaine Lettuce

Directions:

- Place bacon strips on a skillet, flip every 2 minutes, until crispy brown (8-10 mins. total)
- Clear skillet and spray generously with cooking spray, fry an egg to desired doneness; meanwhile, place bread in toaster.
- Build your BLT; smear avocado on bread, place bacon, egg, lettuce and tomato.
- Enjoy!

