



NEW ZEALAND BREAKFAST TOAST

Makes 4 servings | Serving size: 1 toast

PREP TIME

5 min

COOK TIME

10 min

TOTAL TIME

15 min

While filming workouts in New Zealand, we were often served a plate with bread, tomatoes, eggs, and mushrooms for breakfast. It was such a hit that we decided to make a breakfast toast inspired by our traditional New Zealand breakfast plate. This simple breakfast is very savory and a great way to start your day!



Ingredients

- 1 tablespoon olive oil
- 2 cups cherry tomatoes
- 2 cups mushrooms, sliced
- 1/8 teaspoon garlic salt
- 4 eggs, scrambled
- 4 slices bread of choice, toasted*

Directions

1. Heat olive oil in a medium skillet. Add cherry tomatoes, mushrooms, and garlic salt. Sauté until the mushrooms are browned and the tomatoes start to pop and wrinkle.
2. Meanwhile, toast bread and cook eggs. This is traditionally served with scrambled eggs, but you can cook the eggs to your liking.
3. Top each piece of toast with an egg and 1/4 mixture.
4. Enjoy!

*recommend using whole wheat bread