

Egg, tomato and avocado sandwich

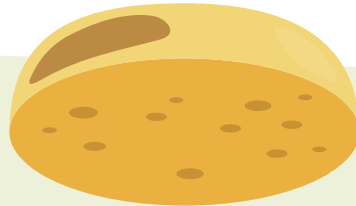
Using creamy avocado instead of mayo packs a higher nutritional punch.



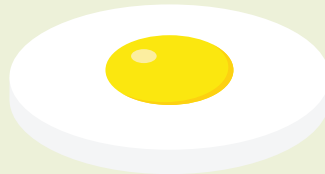
Simple swaps for healthier eating

You need:

1 whole-grain english muffin



1 boiled egg



¼ avocado



1 tomato slice



What's the swap? Instead of mayonnaise, go for avocado to add creaminess to this easy sandwich. Avocado is considered “nature’s butter,” giving you a boost of healthy monosaturated fat. This fruit is also rich in B-vitamins, potassium, copper, and vitamins E, K and C.¹

Chew on this: You’ll also get a quick dose of vitamin C, biotin, and vitamin K – hiding in the tomato slice.² Yum!



Time-saving tip: Boil eggs on Sunday nights so you have them ready anytime of the week.

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¹ Medical News Today: *Everything you need to know about avocado* (accessed July 2018) medicalnewstoday.com.
² Healthline: *Tomatoes 101: Nutrition Facts and Health Benefits* (accessed July 2018) healthline.com

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