

English Muffin with Mushrooms & Avocado

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
3 Cremini Mushrooms (sliced)
1 oz English Muffin (toasted)
1/2 Avocado (sliced)
1/8 tsp Sea Salt

DIRECTIONS

- 01 In a saucepan, heat the oil over medium heat. Cook the mushrooms for about 5 to 8 minutes, or until just tender.
- 02 Top the english muffin with avocado and mushrooms. Season with salt and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	284	Carbs	24g
Fat	22g	Protein	5g