



## Trendy Breakfast Toast Recipes

<https://www.gracegoudie.com/all-recipes-blog/3-breakfast-toast-recipes>

**SERVES:** 1 per toast recipe

### HUMMUS & JAMMY EGG TOAST

#### INGREDIENTS:

- 2 tbsp hummus
- 1 ea egg
- 1 ea radishes
- ½ ea mini Persian cucumber
- 4 leaves cilantro
- 1 tsp Everything But The Bagel Seasoning
- 1 slice bread (of your choice, I like sourdough or a whole wheat)

#### DIRECTIONS:

- 1. For the egg:** Start by bringing a small pot of water and 1 tsp of vinegar to a boil. *Pro Tip: the vinegar will make peeling the eggs easier!* Carefully drop the egg into the boiling water for 7 minutes. This will ensure the egg yolk is set but has a jammy consistency. Shock the eggs in an ice water bath. *Pro Tip: Shocking is a term used referring to the process of taking an item out of boiling water and directly into ice water to rapidly stop the cooking process.* Once the egg is cool, peel off the shell. *Pro Tip: Use the back of a spoon and hit the eggs lightly to break the shell without damaging the egg.*
- 2. For the garnishes:** Thinly slice the radishes. I use a [Benriner Mandolin](#) to get accurate slices. Then with a knife, cut the radish into pieces resembling the size of a matchstick. For the cucumber, slice the vegetable thin and keep in rounds.
- 3. For the toast assembly:** Toast the bread and then spread the hummus on the bread. Top with the cucumbers and radishes. Place the egg on top of the toast. Finish with the cilantro and everything seasoning (shoutout to Trader Joe's!).

### BROCCOLINI TOAST

#### INGREDIENTS:

- ½ bunch broccolini
- 1 tbsp Greek yogurt
- ¾ tsp olive oil
- ¼ tsp lemon juice
- 1 ea scallion
- 1 ea mint leaf
- 1 tbsp cashews
- ⅛ tsp yellow curry powder
- ⅛ tsp turmeric
- ¼ head fennel
- 1 tsp salt
- 1 slice bread (of your choice, I like sourdough or a whole wheat)

### DIRECTIONS:

- 1. For the broccolini:** Trim the ends off of the broccolini and discard. Season the broccolini with salt. Heat up a sauté pan with a ¼ tsp olive oil. When the oil is hot, sauté the broccolini on high heat for 3 minutes. Flip the broccolini over and put in the oven at 350°F. (You can do this step right in the sauté pan, just be careful and use protection when taking it out of the oven!) Roast the broccolini for 10 minutes at 350°F to finish cooking.
- 2. For the yogurt sauce:** Start out by slicing the scallion thin and on a bias (this means at an angle). Next, tear the mint leaf into small pieces. To make the yogurt sauce, mix the yogurt, scallion, mint, ¼ tsp olive oil and lemon juice. Mix these items until fully cohesive.
- 3. For the cashews:** Toast the cashews at 350°F (this can be done at the same time as the broccolini) for 10 minutes. Cool the cashews and mix with ¼ tsp olive oil, curry powder and turmeric.
- 4. For the fennel:** Shave the fennel paper thin ([Benriner Mandolin](#) works here, too!) and store it in ice water with 1 tsp lemon juice. This firms the fennel up and prevents it from turning brown.
- 5. For the toast assembly:** After toasting the bread, spread the yogurt sauce first, followed by the broccoli. Stack the fennel on top and finish with the cashews.

## APPLE & DATE TOAST

### INGREDIENTS:

- 4 slices Granny Smith apple
- 2 ea Medjool dates, pitted
- 1 tbsp ricotta cheese
- ½ tbsp olive oil
- ¼ tsp lemon juice

- ½ tsp honey
- 1 tbsp pistachios
- 1 slice bread (of your choice, I like sourdough or a whole wheat)

#### **DIRECTIONS:**

- 1. For the ricotta:** Season the ricotta cheese with olive oil, lemon juice and honey. (Stay tuned for a homemade ricotta recipe!)
- 2. For the garnishes:** Start by slicing the apple about a quarter inch thick. Next, slice the dates into ¼ inch rings. Toast the pistachios at 350°F for 10 minutes and then crush the nuts into small pieces.
- 3. For the toast assembly:** After toasting the bread, spread the ricotta mixture on the toast. Top the ricotta with the sliced apples, then the dates and finish with the crushed pistachios.