

Poached Eggs & Avocado on Sourdough

Why this is a great naturopathic combo (benefits)

- Blood sugar balance: Sourdough is typically gentler on blood sugar than regular bread because of fermentation and pairing it with protein (eggs) & fat & fibre (avocado) helps slow glucose spikes.
 - Hormone support: Eggs provide choline and fat-soluble nutrients that support liver function (important for hormone metabolism). Avocado provides monounsaturated fats that support hormone building blocks.
 - Brain & mood: Choline (eggs) & healthy fats (avocado) support the nervous system and satiety (helps reduce cravings later).
 - Gut support: Fermented sourdough can be easier to digest for some people compared with standard bread.
 - Minerals & anti-inflammatory: Avocado adds potassium and fibre; adding lemon, herbs, and seeds boosts antioxidants and micronutrients.
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Ingredients (1 serving)

- 2 slices sourdough bread
- 2 eggs
- 1/2 to 1 ripe avocado
- 1 tsp lemon juice (or a squeeze)
- Sea salt + black pepper (to taste)

Optional “naturopathic boosters” (choose 1–3):

- 1 tsp extra virgin olive oil
 - 1–2 tsp pumpkin seeds or hemp seeds
 - Pinch chilli flakes (circulation + flavour)
 - Handful of rocket/spinach (extra folate + fibre)
 - A few slices of tomato or radish
 - Sprinkle of fresh parsley/coriander (supports digestion)
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Method

1) Toast the sourdough

Toast your sourdough until golden. (Optional: rub with a cut garlic clove for a gentle gut/immune kick.)

2) Prep the avocado

Mash avocado in a bowl with lemon juice, salt, and pepper.
Optional: stir in seeds and a drizzle of extra virgin olive oil.

3) Poach the eggs (simple foolproof method)

1. Fill a small saucepan with water (about 6–8 cm deep) and bring to a gentle simmer (not a rolling boil).
2. Add a tiny pinch of salt (optional).
3. Crack each egg into a small cup/mug.
4. Stir the water to create a gentle swirl, then slide an egg in (one at a time if your pan is small).
5. Poach for 3–4 minutes for a runny yolk, 4–5 minutes for a jammy yolk.
6. Lift out with a slotted spoon and dab on kitchen roll.

4) Assemble

Spread avocado onto the toast. Top with the poached eggs. Finish with pepper, seeds, herbs, chilli flakes, or greens.

Quick tweaks (depending on your goals)

- For extra protein: add smoked salmon, turkey, cottage cheese on the side, or a small pot of Greek yoghurt.
- For gut-friendly: add sauerkraut on the side (small amount) if you tolerate it.
- For better blood sugar stability: add a big handful of greens or a side salad.