

Creamy Smoked Salmon Bagel w/ a Poached Egg

INGREDIENTS

Bagel

Cream cheese

Avocado

Smoked salmon

Alfalfa sprouts

1 egg

DIRECTIONS

Toast your Bagel and smear cream cheese and avocado on. I made sure my Avocado was very soft so it was easier to spread.

Place your smoked salmon and alfalfa sprouts to your liking.

Then top it off with your poached egg! It's that simple!

POUCHING AN EGG

Bring a pot of water with a few dashes of white vinegar to a boil. Have your egg ready in my bowl. When your water is boiling, swirl it creating a vortex. Quickly and carefully place your egg in the water. Let it cook for about 2 minutes for a soft poached egg.