

Breakfast Bagel On The Go



Simple, quick and high in protein, this breakfast offers the perfect combination of textures and flavours to start the day right. It's the ideal option for busy mornings when you want to fuel up without sacrificing the enjoyment of eating. To discover more ideas approved by our dietitians, explore our [10 quick and balanced breakfasts](#) as well.

Feel free to prepare several portions of this recipe in advance and freeze them to save time on busy mornings. Stir in the avocado and ricotta cheese just before serving.

Preparation 10 min

Cooking 5 min

Servings 1

Nutrition Facts (per serving)

Calories 440

Fat 17

Carbohydrates 50

Fibre 7

Protein 21

Sodium 710

Ingredients

- 2.5 ml (½ tsp) olive oil

- 1 multigrain bagel, toasted
- ¼ avocado, sliced into strips
- 30 ml (2 tbsp) ricotta cheese
- Pepper and salt, to taste

Preparation

1. In a small non-stick skillet, heat the oil over medium heat. Cook the egg to your liking (sunny-side up or over easy). Season to taste.
2. Spread the ricotta cheese over both halves of the toasted bagel.
3. Arrange the avocado slices over one half of the bagel. Top with the cooked egg, then close the bagel before serving.

Notes

Keeps for up to 2 days in the refrigerator. Best eaten immediately.

You can double or triple this recipe and freeze individual portions for a quick lunch on busy mornings. Stir in the avocado and ricotta cheese just before serving.



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