

AVOCADO EGG BAKE

A creamy baked avocado stuffed with egg — the perfect quick breakfast or light meatless dinner



INSTRUCTIONS

1. Prep the avocado

- 1 large avocado, ripe but firm, room temperature
- 1/2 tsp sea salt, divided
- 1/4 tsp black pepper, freshly ground, divided

Preheat the oven to 450°F. Line a baking dish with foil for easy cleanup, choosing one small enough that the avocado halves stand upright. Cut the avocado in half lengthwise and remove the pit. Using a spoon, scoop out a little of the flesh from each half — just enough to make room for an egg. Season with half of the salt and pepper, then place cut side up in the baking dish.

2. Add the eggs

- 2 eggs, the smaller the better

Break each egg into a small bowl, then carefully slide the yolk, along with as much of the white as will fit, into the center of each avocado half.

3. Bake

Bake until the whites are set, about 15 minutes. If the yolks develop a thin crust, you can carefully remove it with a small, sharp knife, or leave it — both are fine.

4. Season and serve

- 1/4 tsp red pepper flakes
- 1 Tbsp fresh parsley, chopped
- Remaining salt and pepper
- Bacon bits, optional

Season with the remaining salt, pepper, and red pepper flakes. Garnish with parsley and bacon bits, if using, and serve immediately.

NUTRITION (per serving, makes 2, 1/2 avocado each)

- Calories: 208
- Total Fat: 17g
- Total Carbs: 8g
- Fiber: 6g
- Net Carbs: 2g
- Protein: 7g

STORAGE

Best eaten immediately. If you have leftovers, store in an airtight container in the fridge for up to 2 days and reheat covered in the microwave.



Recipe created by Mind-Body Functional Health.
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