

# BAKED EGG IN AVOCADO

By Dr. Cindy Tanzar

Makes 2 servings.



## INGREDIENTS

- 2 ripe avocados
- 4 pastured eggs
- Sea salt and ground pepper
- Drizzled olive oil (optional)
- Garnish: Crumbled natural beef bacon, organic feta cheese, chopped walnuts, salsa, cayenne pepper, fresh chives or cilantro, turmeric powder, sauerkraut, etc.

## INSTRUCTIONS

1. Preheat oven to 425° F.
2. Cut avocados in half and remove pit.
3. Remove 2 spoonful of flesh from each half to allow space for an egg.
4. Gently crack egg into each avocado half.
5. Place avocados in glass or stainless-steel baking dish.
6. Bake for 17 to 20 minutes, depending on size.
7. Season, drizzle with olive oil, garnish and enjoy!