

BAKED EGG IN AVOCADO



By Meredith Dystra

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.



DIRECTIONS

1. Preheat oven to 425° F.
2. Cut avocados in half and remove pit.
3. Remove 2 spoonful's 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!