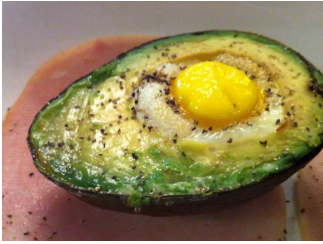


Avocado Egg Bake

submitted by mensuramjr



Per serving: 393 Calories • 17.6g Carbs (13.5g Fiber) • 34.2g Fat • 10.3g Protein

Ingredients

Ingredients scaled to: 1 serving

- 1 fruit **Avocados** (201 grams)
- 1 large **Egg** (50 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Preheat oven to 425 degrees F.
2. Halve the avocado and scoop some fruit out to widen the hole.
3. Crack an egg into a bowl and scoop the yolk into one half. Divide and scoop in any egg white you can get into the two halves.
4. Bake for 15-20 minutes until egg is set. Season with salt and pepper and enjoy!