



AVOCADO BAKED EGGS

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 7 MIN

INGREDIENTS

2 Eggs

1 Avocado

1/4 Teaspoon Seasoning

DIRECTIONS

1. Put broiler on high
2. Make rings out of foil
3. Halve your avocado and remove pit
4. Crack 2 eggs and place inside each avocado, place avocados on tin foil rings, season and broil (5-7 minutes on top rack)