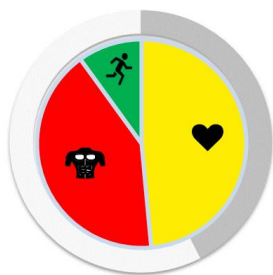




AVOCADO BAKED EGGS

SERVES 1 **PREP ~ 4mins** **SUITABLE FOR** Gluten free, Vegetarian

This breakfast looks & tastes amazing. It is a low carb, high protein option but has moderate calories due to the fat content of the eggs & avocado. The fats however, are principally good monounsaturated ones, & both avocado & eggs have numerous health benefits for immune function, energy, skin & bone health.



NUTRITION INFO

Health Score 4.3. High in Vit B2, Vit K, Magnesium

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
382	3.7g	1.5g (1.7%)	15.3g	31.6g	6.2g (31%)	9.3g (24%)

INGREDIENTS

2 Eggs
1 Avocado
Salt & Pepper

METHOD

1. Preheat the oven to 180°C.
2. Cut the avocado in half. Remove the stone & scoop out a little more in the hollow where the stone was, to accommodate the egg
3. Place the avocado into an oven proof dish or ramekin.
4. Crack egg onto the avocado hollows
5. Place in oven for 10 min
6. Add diced spring onion or chives if desired

