

Avocado Baked Eggs

This was a different spin for breakfast. I am not always a fan of runny eggs, but I liked it.



Avocado Baked Eggs

These Avocado Baked Eggs are packed with protein and healthy fats plus they are Paleo, Whole30, and low carb friendly. Add your favorite toppings and enjoy this for breakfast, lunch, or dinner.

Ingredients

2 avocado

4 eggs

$\frac{1}{4}$ teaspoon red pepper flakes

Salt and pepper

Method

1. Preheat the oven to 425 degrees.
2. Cut the avocado in half and remove the pit. Scoop out 1-2 spoonfuls of avocado to create a bigger whole. You need the whole egg to fit inside. Keep that avocado, you can serve it on the side.
3. Place the avocado in a baking dish. Season with salt and pepper. Carefully break the egg into the avocado and then season with a bit more salt and pepper as well as the red pepper flakes.
4. Bake for 12-14 minutes until egg whites are set but yolks are still runny.
5. Add all your favorite toppings!

Notes

Topping Ideas for Baked Eggs in Avocado

Chopped Bacon: Crispy bacon, eggs, and avocado. It is kind of a match made in heaven and definitely my favorite way to eat these baked avocados and eggs.

Sundried Tomatoes: For a meatless option, I like to use chopped sun-dried tomatoes instead of bacon. The slightly smoky flavor is delicious with the avocado and runny eggs.

Everything Bagel Seasoning: If you are like almost everyone on the internet these days, you have a bottle of this seasoning blend in your pantry. Immediately add it to anything with avocado. It couldn't be more delicious.

Chives or green onions: I love adding a mild onion flavor to this dish so usually I reach for fresh chives or green onions. The mild flavor doesn't overpower the other ingredients. Almost any fresh herb can work as well.

Pico de gallo, Salsa, or Sriracha: If you love hot sauce with your eggs, then you will want it here as well. You can use a standard hot sauce but I prefer using pico de gallo, salsa, or Sriracha for an Asian spin.

Smoked salmon: Lately I have been eating tons of smoked salmon and it really is a natural addition to these baked eggs in avocados. To make it easy to eat, I chop the salmon into smaller pieces and serve it on top.

Prep

- Prep: 5 Minutes
- Cook: 20 Minutes
- Total Time: 25 Minutes

Source: Slender Kitchen (Servings: 4 | Yield: 1/2 avocado per serving)