



Avocado Eggs

Great for breakfast or a snack.

Makes 2 servings

Ingredients

- 1 avocado
- 2 eggs
- Turmeric and cayenne pepper to taste (optional)
- 1 teaspoon Lemon juice
- Salt and pepper to taste
- Bacon grilled until crispy and broken into pieces

Directions

1. Preheat oven to 200 °C
2. Slice Avo in half and remove seed, scoop out 1 tablespoon of avocado flesh
3. Crack the egg into the cavity, season
4. Place in oven and bake for 15-20 minutes until whites have set but yolk is still runny.
5. Place on plate and garnish with bacon bits.

