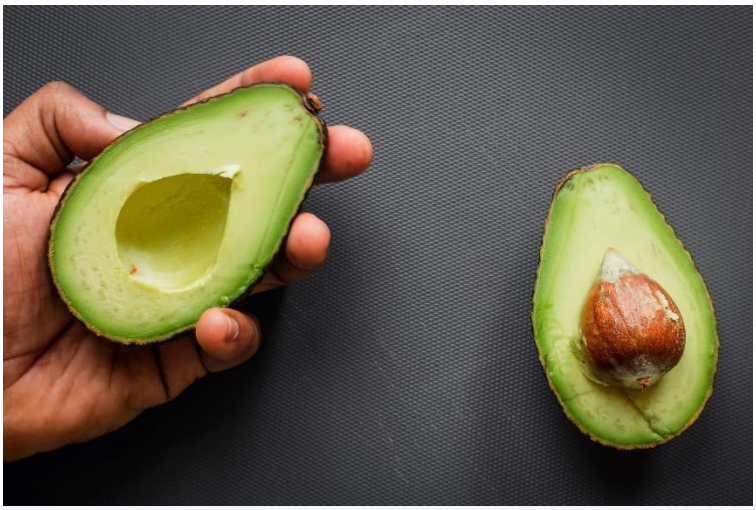
Easy Baked Avocado Eggs

If you enjoy avocado toast but are eating paleo, or following a gluten or dairy free diet, try this simple breakfast, brunch, or lunch combo. Quick and easy to prepare and you can customize to your taste and dress up with a side of fruit or veggies. All you require to make this fiber and protein rich meal is a ripe avocado and an egg.



Ingredients:

- 2 avocados, halved with the pit removed
- 4 large eggs
- salt and pepper, to taste
- Avocado or coconut oil spray
- Optional toppings: fresh herbs such as chives, basil, cilantro or shredded cheese, salsa, or olives

Directions:

Step #1: Preheat the oven to 425 degrees F and lightly grease a baking sheet with avocado or coconut oil spray or line the tray with parchment paper or tinfoil.
Step #2: Slice the avocado lengthwise and remove the pit. Scoop enough avocado to create a small hole in the center for the egg to bake. Save the leftover avocado to add to the dish later.
Step #3: Gently crack 1 egg into a small bowl. Pour the egg into the scooped-out avocado center, keeping the yolk intact.
Step #4: Repeat the above steps with the remaining eggs.
Step #5: Season with spices of choice and bake for 15-18 minutes, until the egg whites have cooked but the yolks are still runny. Remove from the oven and serve with leftover avocado or your favorite toppings such as salsa, cheese, or fresh herbs. Add a side of fruits or vegetables for a larger meal.

Nutrition summary of ½ medium avocado:

Calories	Fat	Carbs	Protein
161	14.73g	8.57g	2.01g

There are **161 calories** in a 1/2 Avocado.

Calorie breakdown: **76% fat**, 20% carbs, 5% protein.

A whole avocado provides roughly 30 grams of fat, 4.2 grams of saturated fat, almost 20 grams of monounsaturated fat, and 3.6 grams of polyunsaturated fat.[2] So, while most of the calories in an avocado come from fat, they are mostly in the form of healthier monounsaturated fat.

Monounsaturated fatty acids or MUFAs come from plant sources and may be helpful in lowering your LDL or "bad" cholesterol. For this reason, the Academy of Nutrition and Dietetics recommends that you choose foods with monounsaturated fats instead of saturated fat.

Photo by Louis Hansel on Unsplash