

Avocado Boats



Relish a delightful baked avocado with a yummy baked egg in the center. The crispy fried bacon and aromatic chive topping enhance the flavors of these simple avocado boats impressively!

Ingredients for 2 serving (US/Metric)

- 1.5 *pieces* Eggs
- 1.5 *pieces* Avocado
- 3.5 *pieces* Bacon
- Chives
- Salt & pepper to taste

Nutrition (US/Metric)

- Protein: 18%

- **Fat:** 78%
- **Net carbs:** 4%

Instructions

1. Set the oven for preheating at 400°F.
2. Pan-fry the bacon till crisp over medium-heat. Take out, cool, and dice it!
3. Half an avocado, de-seed and scoop out the center to fit a raw egg. Transfer to a baking dish (skin-side down)
4. Break an egg in each hollow space of the halved avocado. Season with salt & pepper.
5. Cover and bake for 30 minutes.
6. Serve garnished with chopped bacon and chives.