

Italian Herbed Eggs in Avocado



Delight in this harmonious blend of creamy avocado and eggs, seasoned with Italian herbs for a keto-friendly breakfast that's both nourishing and satisfying. Perfect for a leisurely morning, this dish combines healthy fats with protein in a visually appealing way.

Ingredients for 2 serving (US/Metric)

- 1.5 *pieces* **Avocado**
- 3 *pieces* **Eggs**
- 1.5 *tsp* **Italian seasoning**
- **Salt & pepper to taste**
- 0.5 *tbsp* **Olive oil**
- **Fresh parsley**

Nutrition (US/Metric)

- **Protein:** 14%
- **Fat:** 81%
- **Net carbs:** 5%

Instructions

- **Preheat Oven:** Preheat your oven to 425°F (220°C).
- **Prepare Avocados:** Halve the avocados and remove the pits. Scoop out a bit of the flesh to make room for the eggs.
- **Add Eggs:** Crack an egg into each avocado half. Season with Italian seasoning, salt, and pepper.
- **Bake:** Place the avocado halves in a baking dish and brush lightly with olive oil. Bake for 15 minutes or until the eggs are cooked to your liking.
- **Garnish and Serve:** Garnish with fresh parsley and serve warm.