



***Yield: 2 servings***

## INGREDIENTS

- 2 avocados
- 4 eggs
- salt and pepper
- Toppings of choice: My favorite is feta and green onions, but salsa and fresh cilantro are also really good with the avocado.

## INSTRUCTIONS:

1. Preheat the oven to 350 degrees. Cut the avocados in half and carefully remove the pit. Put avocados open side up in a large baking dish. If they are small avocados, scoop out a little of the extra flesh to make more room.
2. Crack an egg in each avocado half and sprinkle with sea salt and pepper. Place in the oven for 15-20 minutes or until egg is desired doneness. For my oven, 17 minutes gets the perfect egg yolk.
3. Top with desired toppings while still hot and enjoy!