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## ***Avocado Egg Bake***

*1 – 2 servings depending on size of avocado*

### ***Ingredients***

- 1 medium sized ripe Hass avocado
- 2 eggs (duck or chicken)
- Sea salt to taste
- Shredded or soft dairy free cheese (optional)
- Optional topping suggestions: capers, chopped tomatoes, cilantro, black olives, chopped onions
- Additional toppings: splash of Frank's hot sauce, garlic powder, seasoning spice blend

### ***Preparation:***

1. Preheat oven or toaster oven to 350°.
2. Cut avocado length wise and twist to separate. Remove pit.
3. Place avocado on a baking sheet with cut side up. Depending on the size of the avocado some of the avocado may need to be scooped out to make room for the egg.
4. Crack 1 egg and place inside of avocado half careful not to break the yolk, repeat with other half.
5. Add sea salt to taste and any of the desired toppings. Some of the fresh topping can be added after baking if desired. This is a very versatile recipe.
6. Place in oven and bake for 10 to 15 minutes until egg is cooked to desired doneness.
7. This is a perfect recipe for breakfast.