



BAKED AVOCADO AND EGGS

Jay
Halford

MACRO-SPLIT:

- Calories -
- Protein -
- Carbs -
- Fats -

INGREDIENTS:

Makes 2 Portions:

- 1 whole Avocado
- 2 Eggs
- 5ml Apple Cider Dressing
- Tiny Sprinkle of Cayenne Pepper or paprika

METHOD:

Firstly, carefully split your avocado into two, lengthways removing the stone but leaving on the outer skin

Place on a baking tray with the whole facing the sky

Carefully crack your eggs into the holes where the stone was being very careful not to let it spill over the top of the hole (dont put in all the whites if you dont need to, just fill it to the edge)

Season your eggs with a little pinch of salt and pepper

Baked at 180oc for 8mins

Removing your avocados from the oven serve onto your plate and give a tiny splash of the apple cider vinegar and a tiny sprinkle of your cayenne pepper or paprika for garnish