

Baked Eggs and Avocado

serves 2 or 4

INGREDIENTS:

2 avocados, halved

4 eggs

parmesan cheese, grated

salt and pepper

fresh parsley and chives, chopped

bacon, cooked and crumbled

INSTRUCTIONS:

Preheat the oven to 350; cut two avocados in half, removed the seeds, and place into a cast iron pan (or other oven-safe dish) sprayed with coconut oil.

Crack an egg into the hole of each avocado half, season with salt and pepper, and sprinkle grated Parmesan cheese on top of the eggs and avocado. Place the pan into the oven and cook until the egg is set as you like it; 15-20 minutes.

Remove; top with the fresh herbs and bacon, serving up immediately.