

Eggs Baked in Avocado

Avocados coming at ya! Let's spice up breakfast with eggs in an avocado. This is a perfect balance of protein and fat. You can put the avocado over some greens or extra veggies for some carbs. The protein and fats will help keep you focused and prepare you to start the day. Enjoy!

xoxo,
Kristin

Preparation:

Halve an avocado and remove the pit. Place one half in a ring of aluminum foil so it stays upright. Brush with olive oil. Crack an egg into the center of the avocado. Sprinkle with salt and paprika. Repeat with remaining half. Broil for 5 minutes. Top with lime zest. Serve.

Recipe from The Today Show