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Egg And Turkey Stuffed Avocado

Ingredients:

1 Haas avocado

2 eggs

2 slices uncured, nitrate-free, natural turkey bacon (or turkey lunch meat)

Directions:

1. Set oven to 405 degrees F. Slice avocados in half and scoop out part of the insides to make a larger hole. Either save or immediately eat the part of the removed avocado.
2. Crack eggs in a bowl.
3. Use folded/crumbled aluminum foil or a ramekin to prop up the avocado halves on a baking sheet.
4. Use a spoon to place 1 egg yolk in each of the avocado halves. Then pour the egg white evenly between the halves. Season if desired with pepper, cumin, and a small pinch of sea salt.
5. Bake in the oven for 22-25 minutes. Again, remember to use foil or ramekins to prop up avocados while they bake.