

GREEK STYLE BAKED AVOCADO



INGREDIENTS:

- 1/2 medium avocado
- 1 egg
- 1/2 oz feta cheese
- 1 tbsp tomato

DIRECTIONS:

- 1) Preheat oven to 425 F
- 2) Scoop out some of the avocado to make room for the filling
Pro Tip: Save the avocado you scooped out to make avocado toast!
- 3) Place avocado on a muffin pan so it remains stable as it bakes
- 4) Crack egg and add it to the inside of the avocado
- 5) Sprinkle feta cheese and tomato on top
- 6) Cook for 15-25 minutes (time varies based on your preference)
- 7) Serve warm

Enjoy!

Makes 1 Serving

Calories: 191 | Protein: 11 g | Carbs: 6 g | Fat: 14 g | Fiber: 4 g