



AVOCADO EGG BAKE

PREP TIME: 5 MIN

COOK TIME: 15 MIN

SERVINGS: 2

1 CALAVO AVOCADO, SLICED IN HALF

2 LARGE EGGS

½ TSP RED PEPPER CHILI FLAKES

½ TSP POPPY SEEDS

½ TSP DRIED BASIL LEAVES

SPRINKLE OF SEA SALT TO TASTE

1. Preheat oven to 450° F.
2. Place avocado halves on sheet tray and crack an egg in each half.
3. Bake for 15 minutes until desired doneness.
4. Top each half with seasonings and serve. Enjoy!