

Baked Eggs in Avocado with Turmeric Mayo



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Cook time: 20 minutes

Ingredients:

- 1 large Avocado
- 2 large Organic Pastured Eggs
- Dash Pink Himalayan Sea Salt
- Dash Organic Black Pepper
- 2 Tablespoons Organic Avocado Mayo (Made with Organic Pastured Eggs)
- 1/2 teaspoon Organic Turmeric Powder
- Dash Pink Himalayan Sea Salt
- 2 Tablespoons Organic Green Onions, sliced (avoid the white part)
- 3 Tablespoons Organic Cilantro, chopped

Instructions:

1. Preheat the oven to 425 degrees.

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2. Take your avocado and cut it evenly in half. See how to cut an avocado and remove the pit by clicking the link in the above post.
3. Now, take each half and make the 'hole' from the avocado pit a little bigger to make room for the egg. Scoop out avocado to make a bigger surface area for the egg rather than scooping a deeper hole. This will help the egg to cook faster.
4. Place the avocado halves into a baking dish. I like to use a small casserole dish.
5. Now, crack your eggs into the holes in the avocado halves – one egg per avocado half. It's okay if a little of the egg whites spill over into the dish.
6. Sprinkle each avocado half with salt and pepper.
7. Carefully place your dish with the avocado halves into the oven and bake for about 20 minutes or until the eggs white are fully cooked (not jiggly).
8. While your avocado eggs are cooking, make your turmeric mayo and wash and chop up your green onions and cilantro. To make the turmeric mayo, mix together the mayo, turmeric, and salt with a fork or little whisk until well blended.
9. When the eggs are cooked to your liking, remove the baked eggs in avocado from the oven and cool for a few minutes. Then, carefully transfer to a plate. Drizzle with turmeric mayo and chopped green onions and cilantro.
10. Serve immediately! Enjoy!