

TWIN FOOD

Good Food is Wise Medicine

BAKED EGGS WITH AVOCADOS

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These baked avocado with egg was a little experiment we did the other day for lunch. We were a little skeptical at first, as we have previously tasted fried avocado, which we were not wildly enthusiastic about. Since only eggs and avocado that was needed, we thought that it was ok if it's not passed. Avocado halved and depending on how big the rock is, it may be necessary to take a little more avocado flesh out - it saves you obviously just and eat at. The egg is poured into the avocado and baked in the oven until the egg is finished. Avocado tasted really good, even if it was baked. It's a little softer texture and may have a slightly weaker flavor. Along with the egg, salt, pepper and a little cayenne pepper will we actually say that this

experiment was quite successful. We ate it for lunch with a rye bread bun, but they could also easily go for brunch or as an accompaniment to dinner. We seem to have to try it :-)

Ingredients (2 people for lunch)

1 large avocado

2 eggs

Cayenne pepper, salt and pepper

1. Halve the avocado and remove if necessary. a little extra meat out if the stone is small
2. Put some aluminum foil around the avocados, so that they are more equal
3. Pour the two eggs in two separate bowls so they are easier to pour in avocado
4. Behind avocado with egg in the oven at 200 degrees for 15-17 minutes (it's supposed yolk is not fully baked)





- Laura and Christine

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5 THOUGHTS ON " BAKED AVOCADOS WITH EGGS "



Anna Ms

, January 19, 2013 at. 15:55 writes:

It now actually a little interesting!
Immediately sounds baked avocado not be the best, but I think I'll give it a try: D



Laura and Christine

, January 20, 2013 at. 11:50 writes:

We were even skeptical, but it was actually not so bad ;-)
and nice you "dare" to try :-)

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