

Bacon-Wrapped Avocado Egg Cups - A Keto Breakfast Dream

low-carb, high-protein breakfast



OVEN
400°F

TIME
20 min

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INGREDIENTS

- 2 ripe avocados
- 4 eggs
- 8 slices of bacon
- Salt and pepper, to taste
- Fresh chives or parsley, for garnish (optional)

DIRECTIONS

- 1. Preheat the Oven:** Set your oven to 400°F (200°C). This ensures the bacon crisps and the eggs cook just right.
- 2. Prepare the Avocados:** Slice each avocado in half and remove the pit. Use a spoon to scoop out a bit of the flesh if the hollow isn't large enough to hold an egg.
- 3. Wrap with Bacon:** Wrap 2 slices of bacon around each avocado half, overlapping slightly. Place the seam side down to help hold them together while baking.
- 4. Arrange in Baking Dish:** Place each bacon-wrapped avocado half cut-side up in a snug oven-safe dish or on a parchment-lined tray with sides.
- 5. Crack in the Eggs:** Gently crack 1 egg into each avocado half. Go slowly to avoid overflow.
- 6. Season:** Sprinkle with salt and pepper to taste.
- 7. Bake:** Bake for 15-20 minutes, depending on how you like your eggs. For soft yolks, pull them around 15 minutes; for firm yolks, leave them in closer to 20.
- 8. Garnish and Serve:** Top with chopped fresh chives or parsley if desired. Serve warm and enjoy the creamy, savory goodness.

TIPS FOR SUCCESS

Use large avocados so the eggs fit without overflowing.
Scoop extra avocado flesh out if needed-save it for guac or toast!
Choose firm avocados so they hold up during baking.
Secure bacon ends with toothpicks if necessary to prevent unwrapping.

