

Bacon-Wrapped Avocado Egg Cups: The Ultimate Low-Carb Breakfast

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OVEN
400°F

TIME
2 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 2 Ripe Avocados: Look for ones that give slightly when pressed but aren't mushy.
- 4 Large Eggs: Fresh, farm-raised eggs provide the best golden yolks.
- 8 Slices of Bacon: I prefer standard cut over thick-cut here so it crisps up at the same rate the egg cooks.
- Salt and Black Pepper: To taste.
- Garnish: Fresh chives or parsley add a pop of color and freshness.

DIRECTIONS

1. Prep the : Oven: Preheat your oven to 400°F (200°C). This high heat is essential for getting that bacon crispy without overcooking the egg yolk into oblivion.
2. Prepare the : Avocados: Slice the avocados in half lengthwise and remove the pits. Use a spoon to scoop out about one tablespoon of flesh from the center of each half. This creates a larger "well" for the egg to sit in.
3. The : Bacon Wrap: Take two slices of bacon per avocado half. Wrap them crosswise around the avocado. Pro-tip: Ensure the ends (the seams) are tucked underneath the avocado. The weight of the fruit will keep the bacon in place as it shrinks and crisps.
4. Positioning: Place the wrapped halves into an oven-safe baking dish or on a rimmed baking sheet. If they seem tippy, you can create small "nests" out of crumpled aluminum foil to keep them upright.
5. Add the : Eggs: Gently crack one egg into each avocado hollow. It's okay if a little bit of the white spills over-it just adds to the rustic look!
6. Season: Sprinkle generously with salt and freshly cracked black pepper.
7. Bake: Slide them into the oven for 15-20 minutes. 15 minutes will give you a beautiful, runny yolk.
8. 20 minutes will result in a firm, fully set yolk.
9. Finish and : Serve: Remove from the oven, garnish with your fresh herbs, and serve immediately.

SWAPS & NOTES

The Bacon: If you want to lean into a lighter profile, you can use turkey bacon, though you may need a toothpick to secure it as it has less natural fat to "stick" to the avocado.

Sprinkle some red pepper flakes or a dash of hot sauce on top before serving.

The Cheese: A sprinkle of sharp cheddar or feta during the last 2 minutes of baking is never a bad idea.

The Size: If your avocados are small, use medium eggs to prevent overflow.

TIPS FOR SUCCESS

Room Temperature Eggs: Using eggs that aren't ice-cold helps them cook more evenly with the avocado.

The Pit Trick: Don't throw away the scooped-out avocado!

Mash it up with some lime juice and save it for a quick snack later.

Don't Over-Scoop: Leave enough avocado walls so that the fruit maintains its structure while baking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/bacon-wrapped-avocado-egg-cups-the-ultimate-low-carb-breakfast/>