

Avocado Egg Cups

Adapted from: Liz Parent (*I Heart Vegetables*)

Prep time: 5 minutes
Cook time: 10 minutes

Total time: 15 minutes
Serves: 1-2



Ingredients

1 avocado
1 large egg
¼ cup shredded mozzarella cheese

1 tbsp. parmesan cheese
¼ tsp. red pepper flakes
salt and pepper to taste

Instructions

1. Slice your avocado in half and remove the pit.
2. Crack your egg, and separate the yolk and the white. You're actually just using the yolk for this.
3. Separate the yolk into two mostly-equal parts, and fill the pit of the avocado with the egg yolk.
4. Sprinkle each half with a little cheese and red pepper flakes.
5. Bake it in the oven at 400°F for about 7 minutes, or until the cheese gets all brown and bubbly.
6. Serve and enjoy!