

Baked Avocado Eggs with Herbs

A protein-rich, low-glycemic breakfast combining creamy avocados with perfectly baked eggs—ideal for stable blood sugar and sustained morning energy.

Prep: 10 min

Cook: 22 min

Total: 32 min

Servings: 6

GL 1.0 / GI 8

Ingredients

Choose avocados that yield slightly to pressure; room temperature ensures even cooking
large ripe avocados, at room temperature

Medium eggs fit best in avocado halves; use pasture-raised for optimal nutrition
medium eggs

Adjust to taste; enhances natural flavors
sea salt

Adds subtle heat and complements egg flavor
freshly ground black pepper

Try chives, parsley, or cilantro; adds freshness and micronutrients
fresh herbs for garnish

Instructions

Step 1

Preheat your oven to 425°F (220°C). Lightly coat two loaf pans with cooking spray or brush with olive oil to prevent sticking. Each pan will hold three avocado halves snugly.

Step 2

Slice each avocado in half lengthwise, following the natural curve of the fruit. Gently twist the halves apart and carefully remove the pit by tapping it with a knife and twisting it out.

Step 3

Using a spoon, scoop out approximately 1 to 1.5 tablespoons of avocado flesh from the center of each half, creating a wider cavity. Focus on widening the depression rather than deepening it, which allows the egg to nestle properly. Save the scooped avocado for topping or enjoy as a snack.

Step 4

Arrange the avocado halves cut-side up in the prepared loaf pans, positioning them close together so they support each other and remain stable. This prevents them from tipping during baking.

Step 5

Carefully crack one egg into each avocado cavity, allowing the yolk to settle in the center. Some egg white may overflow onto the avocado surface, which is perfectly normal and will cook beautifully.

Step 6

Season each egg generously with sea salt and freshly ground black pepper according to your taste preferences.

Step 7

Transfer the pans to the preheated oven and bake for 18 to 22 minutes. For runny yolks, aim for 18 minutes; for fully set yolks, bake the full 22 minutes. The egg whites should be opaque and firm when done.

Step 8

Remove from the oven and let cool for 2 minutes. Garnish with fresh herbs, additional pepper, or your favorite low-glycemic toppings such as crumbled feta, diced tomatoes, or a drizzle of hot sauce. Serve immediately while warm.