Avocado Baked Eggs

Ingredients

* 1 avocado
* 2 eggs
* salt and pepper to taste
* Turmeric to taste (optional)
* Cayenne to taste (optional)
* Paprika to taste (optional)

Method

* preheat oven to 425°C (225°C)
* slice avocado in half and remove the seed [(set seed to the side)](http://www.healthy-holistic-living.com/avocado-seeds.html)
* spoon out some of the avocado to make room for the egg, and press avocado into baking sheet to give it a flat bottom and prevent it from falling over
* crack one egg in each half of avocado and add salt and pepper (and any other toppings of your choosing, I like paprika, turmeric, and cayenne)
* Put baking sheet with avocado halves into oven and cook until your eggs are done to your liking