



Bacon-Avocado Egg Bites



Entire recipe: 128 calories, 7g total fat (1.5g sat. fat), 459mg sodium, 3.5g carbs, 2g fiber, 0.5g sugars, 14g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

- 1 slice center-cut bacon or turkey bacon
- 1 oz. (about 2 tbsp.) mashed avocado
- 3 large hard-boiled eggs, chilled, halved, yolks removed ([click for tips](#))

Seasonings:

- Dash garlic powder
- Dash onion powder
- Dash each salt and black pepper

Directions

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.) Chop or crumble.

Place mashed avocado in a small bowl, and mix in seasonings.

Distribute seasoned avocado among egg white halves, and top with chopped/crumbled bacon.

MAKES 1 SERVING

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