

# Egg, Bacon & Avocado Bowl

## Serves 1

2 bacon medallions

2 hardboiled eggs, chopped

½ large avocado, chopped

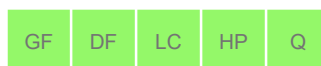
1 tbsp. red onion, finely chopped

1 tbsp. red bell pepper, finely chopped

sea salt & ground pepper, to taste

## What you need to do

1. Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.
2. Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.
3. Season with salt and pepper to serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	378	32	14	23

\*Nutrition per serving