Simple Avocado Egg Power Bowl

A quick, protein-packed bowl combining creamy avocado and boiled eggs seasoned to perfection for a low-carb, energizing meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 4 large eggs
- 1 ripe avocado
- 1/4 teaspoon salt
- Optional: black pepper to taste

Instructions

1. Place eggs in a pot and cover with cold water by 1 inch. Bring to a boil over medium-high heat.
2. Once boiling, turn off the heat and cover the pot. Let eggs sit for 10 minutes to hard boil.
3. Transfer eggs to a bowl of ice water to cool for 5 minutes, then peel and slice.
4. Halve the avocado, remove the pit, and slice thinly.
5. Arrange sliced eggs and avocado in a bowl, sprinkle with salt and optional black pepper.
6. Gently toss or serve as is for a fresh, satisfying meal.

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