

Avocado filled with kefir and egg



Ingredients for kefir and egg in avocado:

- 1 avocado
- 2 quail's eggs
- 2 tbsp kefir
- olive oil
- freshly ground black pepper
- salt

Kefir and egg in avocado - preparation steps

This recipe is simple to make and it uses just three main ingredients. You can add spices to your taste.

With a wooden spoon, scoop the thick upper layer of kefir. Be careful not to scoop the kefir grains at the same time. Halve the avocado and cook it on both sides in a hot pan for about a minute. Fry the quail's eggs in olive oil. According to your taste, use any other type of oil or butter. Fill the avocado halves with thick (or creamy) kefir. Add salt, pepper and a few drops of olive oil. Kefir and egg with avocado is best served warm with bread.

See below for more information on the benefits of each ingredients used in this recipe.

Avocado

- rich in fatty acids to feel fuller
- nutrients: many vitamins and minerals
- lower cholesterol level
- good for vision
- reduce depression risk

Kefir

- high in nutrients: vitamins, minerals
- probiotic beverage – good for gut health
- may improve bone health
- antibacterial properties
- low in lactose

Quail egg

- packed with nutrients: vitamin B12, minerals
- full of antioxidants
- may help with allergies and asthma

See more kefir recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://kefirko.com)



Organic Milk Kefir Grains

[Buy on Kefirko.com](https://www.kefirko.com)