

Butternut Squash Egg in a Frame

- 1/2 large butternut squash
 - (cut hamburger style, the side with the seeds)
- 1/2 tablespoon coconut oil
- 4 large eggs
- Himalayan sea salt, to taste
- Pepper, to taste

1. First, preheat oven to 375°F. Begin by prepping your butternut squash “bread” by peeling and slicing butternut squash in half hamburger-style. You should be working with the half of the butternut squash that has the seeds, so set the other half aside.

2. Cut the half of butternut squash in half again, this time opening it up so you can seed it. Remove seeds.

3. Then, form your butternut squash “bread” by slicing. You will need 4 pieces. The rest you can dice up and add to your other butternut squash recipes for the week.

4. Place butternut squash “bread” on a baking sheet and rub with coconut oil. Then, season with salt and pepper. 5. Bake at 375°F for 15 minutes. Remove from oven and flip. Then, crack an egg into each hole. Bake for another 10-15 minutes or until eggs have reached desired texture.

Serving Size = 2 eggs/ 2 slices of butternut squash

