

Simple Baked Eggs

- Large eggs (however many you want)
- Coconut oil
- Himalayan sea salt and pepper, to taste

1. Preheat oven to 350°F and use about a half to a teaspoon of coconut oil to oil each individual muffin tin.

2. Crack eggs into the tin. Season with salt and pepper.

3. Bake eggs at 350°F for 14-18 minutes or until the yolks have reached the desired texture.

Serving Size = 2 eggs

