

Baked French Eggs



Ingredients:

- Eggs (as many as you want to make)
- 1 tsp Heavy Whipping Cream
- 1 Tbsp per Egg Cup Shredded Gouda Cheese
- Salt & Pepper to taste

Spray muffin tins with avocado spray. Crack an egg into each muffin cup. Pour in 1 tsp heavy cream. Top with shredded cheese, I use Gouda. Top that with salt and pepper. Bake in preheated oven 375 degrees. I like my yolks soft but firm so my bake time is 20 minutes. Every oven is different so you may need to adjust your time. Refrigerate for 4-5 days. Reheat on microwave, 30 second intervals.

Serving size: one egg

Total Carbs 1g

Fiber 0g

Protein 9g

Fat 9g

Calories 120