

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Oven Baked Eggs

Ingredients

2 shallots, diced

Cracked pink salt

Cinnamon

Dill

Method

1. *Pour 4 tablespoons of extra virgin olive oil into muffin tin – one tablespoon per mould.*
2. *Sprinkle some diced shallots, cracked salt, cinnamon and dill into the oil.*
3. *Crack each egg into a muffin mould and top with a little more shallot and cinnamon.*
4. *Bake for 15 minutes in a preheated oven at 180 degrees.*
5. *Serve in a ramekin or bowl with remaining oil poured over the top.*

Enjoy!



Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

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