

Good to Eat

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

Ricotta Breakfast Eggs

Ingredients

2 free range eggs

250g of ricotta cheese,

Knob of butter

2 tablespoons of olive oil

2 rashers of bacon chopped

1 cup of mushrooms chopped

1 kale leaf chopped or anything you may have in the fridge

Salt and pepper to taste

Pinch of cinnamon

10 torn basil leaves

Grated cheese to serve

Method

Combine the eggs and ricotta. Melt the butter in a fry pan and cook the bacon, mushrooms and kale stirring frequently.

Grease 4 ramekins with a generous amount of olive oil and divide the egg and cheese mixture between the ramekins. When the bacon mixture is cooked place on top of the eggs and cheese mixture and season with salt and pepper. Sprinkle a little cinnamon on top and finish with the torn basil leaves.

Bake in a preheated oven at 180 degrees for 15 minutes. Once cooked, sprinkle with the grated cheese. Enjoy!



Serves 4

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

www.goodtoeat.com.au