

# 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 tbs 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

1. Combine the eggs and the ricotta.
2. Melt the butter in a fry pan and cook the bacon, mushrooms and kale stirring frequently.
3. Grease 4 ramekins with a generous amount of olive oil and divide the egg and cheese mixture between the ramekins.
4. When the bacon mixture is cooked place on top of the egg and cheese mixture and season with salt and pepper. Sprinkle a little cinnamon on top and finish with the torn basil leaves.
5. Bake in a preheated oven at 180 degrees for 15 minutes. Once cooked, sprinkle with the grated cheese. Enjoy!



**Preparation Time** 10 minutes

**Cooking Time** 15 minutes

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**Serves** 4

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

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