

## BAKED EGGS

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- Preheat oven 350 degrees
- Lightly grease a muffin pan with butter
- Crack one egg into each muffin cup
- Sprinkle with sea salt
- Add any toppings you desire
- Bake 25-30 minutes
- Enjoy!

### Topping Ideas:

- Salsa
- Shredded cheese
- Feta cheese
- Chopped ham
- Diced, cooked bacon
- Fresh or dry herbs (chives, rosemary, basil, oregano, etc.)
- Chopped tomato & basil
- Spinach
- Mushrooms
- Onions
- Line muffin cup with a slice of ham. Add sautéed mushrooms & onions mixed with a little sour cream. Add egg and season with sea salt and pepper.
- Hollow out a sourdough dinner roll, butter inside and crack an egg into it. Sprinkle with fresh herbs, a dash of paprika and parmesan cheese. Top with a pat of butter.
- Hollow out a pre-baked potato to  $\frac{1}{4}$  inch of skin. Mash the potato that you scooped out and mix with sour cream, chives, butter, sea salt and pepper. Place filling back in potato skin leaving a  $\frac{3}{4}$ -inch oval indentation for your egg. Bake, uncovered, for 10 minutes. Crack egg into indentation. Top with sea salt, pepper, cheddar cheese, parsley and paprika. Bake an additional 12-15 minutes.
- Line muffin cups with ground breakfast sausage. Add your egg and toppings of choice.
- The possibilities are endless, get creative, have fun and enjoy!