

NUTRITIONAL KETO HARD BOILED EGG(S)

Prep Time 8 minutes	Cook Time 8	Total Time 8 minutes	Servings 1
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Preparing hard boil eggs is very important for keto because we want to preserve the nutritional value and not overcook the egg(s).

Ingredients:

EGG(S)

Directions:

1. Take a pot and fill with enough water to cover egg(s) and place on stove top at medium/high and allow water to come to a boil.
2. When water reaches the boiling point place egg(s) in pot. I use a thong to place eggs carefully in pot.
3. Set timer for six minutes
4. When timer goes off leave the eggs in pot and set timer for an additional two minutes.
5. Once the two minute timer goes off, run cold water over pot and peel eggs.

*The yolk will be soft and as it cools off and becomes more solid.