



HARD BOILED BAKED EGGS

Basic Lifestyle

HERE'S WHAT YOU NEED:

12 eggs (any size)
a muffin pan with 12 cups
ice cubs
2 cups of water

INSTRUCTIONS

—Preheat oven to 325°.

—Place each egg in the mold of a muffin tin, to ensure they don't roll around too much. Bake for 30 minutes.

—Prepare an ice bath by adding the ice cubes and about 2 cups of water to a large bowl. Once the eggs are done baking, plunge them in the ice bath and allow them to soak for 10 minutes. (This helps stop the cooking process.)

—Peel the eggs and serve at once, or place them in the fridge, prior to peeling, for up to 7 days.

SERVING INFO: (Yields 12 servings)

1 egg = 1/2 P

See photo at [Instagram](#) and [Facebook](#).