

Cloud Eggs

Servings : 6

Amount	Measure	Ingredient - Preparation Method
6		eggs
		cheese, bacon, ham or veggies

Preheat oven to 400. Prepare a parchment lined baking sheet.

Separate eggs (keep yolks separate) and beat whites until stiff peaks form. Fold in cheese, veggies and/or meat.

Scoop 1/2 cup egg whites onto parchment into a circle. Create well in center. Bake for 3 minutes. Drop yolk in center and bake for 4 minutes. Serve.