



Capsicum Egg Cups

1 serving
20 minutes

Ingredients

- 1 Red Capsicum
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	174
Fat	10g
Saturated	3g
Carbs	8g
Sugar	5g
Protein	14g
Cholesterol	372mg
Sodium	147mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice capsicum in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking tray for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour, Roast the red capsicum in the oven before cracking the egg into them.

Added Touch, Sprinkle with cheese during the last 2 minutes.

Serve it With, Toast for dipping or our Grain-Free Flax Bread.

More Protein, If it is a large capsicum, fill remaining space with egg whites for added protein.