



Cloud 9 Cloud Eggs



1/2 of recipe (1 cloud egg): 72 calories, 4.5g total fat (1.5g sat. fat), 149mg sodium, 0.5g carbs, 0g fiber, <0.5g sugars, 6g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

2 large eggs
Dash each salt and black pepper
Optional seasoning: everything bagel seasoning blend (like the kind by Trader Joe's), additional salt and black pepper

Directions

Preheat oven to 450 degrees.

Spray 2 cups of a jumbo muffin pan ([like this one](#)) with nonstick spray. (If you don't have a jumbo muffin pan, use two small oven-safe bowls.)

Separate egg whites into a large bowl, and gently place yolks in a small bowl without breaking them.

With an electric mixer set to high speed, beat egg whites until fluffy and slightly stiff, about 4 minutes.

Divide egg whites between the two sprayed cups of the muffin pan.

Using the back of a spoon, create a small indentation in the center of each egg white. Gently place a yolk in each indentation.

Season with salt and pepper. Bake to your preference, 5 - 7 minutes (5 minutes for runnier yolks; 7 minutes for firmer ones).

MAKES 2 SERVINGS

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