



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.