

## Perfect Soft Boiled Eggs



Author: Brenna, Certified H.H.P. from Optimized Health Team

Prep & Cooking time: 15 minutes

Servings: 2

Ingredients:

- 6 Large Organic Pastured Eggs
- 4-6 cups Water
- Dash Pink Himalayan Sea Salt
- Dash Organic Black Pepper

Instructions

1. Carefully place eggs in a medium saucepan. Fill up the saucepan with enough water to fully cover the eggs.
2. Place the saucepan on your stove and set the temperature to High to bring the water to a boil.

## Perfect Soft Boiled Eggs

3. Once the water is rolling boiling, turn off the heat completely, cover and leave the saucepan on the hot burner. Set the timer for 6 minutes.
4. When the timer goes off, place your saucepan in the sink and run cold water into the pan to cool the eggs down. After a few minutes, drain the water and carefully peel the eggs to remove the shells. Save 3 eggs for another meal. Store in the fridge for up to one week.
5. Cut eggs in half, sprinkle with a little salt and pepper and enjoy! Serve with your favorite sauce!