

Bacon & Egg Cups

INGREDIENTS

- Oil
- Farm fresh eggs
- Bacon
- Potatoes, thinly sliced and lightly roasted
- Sea salt
- Red pepper flakes

1. Preheat oven to 350°F.
2. Pre-cook bacon about half the time at 350°F for 8-10 minutes.
3. Remove from oven and allow to cool.
4. Grease muffin tins with oil so that they are well coated.
5. Line the sides of muffin tins with a slice of bacon.
6. Gently press roasted potato slice into muffin tin.
7. Crack egg into muffin tin.
8. Place in oven for approximately 15 minutes or until eggs are cooked.
9. Remove from oven and garnish with sea salt and red pepper flakes.