

Trim Healthy
W I S D O M

Baked Boiled Egg Trick (S)

(P- If you need to walk into unstuck, you have a dilemma with whole eggs. Whole eggs are one of the healthiest foods on the planet, but they have fatty centers... their yolks. If you limit yourself to just two eggs, that's smart for not overdoing density (and you get great choline benefits from two eggs), but you don't get enough protein, and if you're using boiled eggs on your salad for protein... just two can feel rather dismal. This trick enables you to enjoy just two whole eggs, but the added egg whites enable you to get all your nerdy protein without overdoing yolky density. Plus, it makes you feel like you are eating way more than just two measly chopped boiled eggs! There is no waste of yolks here, and you get a large amount of tasty "egginess" for topping your salad or stuffing a wrap, etc.)

Single Serve Recipe

INGREDIENTS:

- 2 whole eggs
- 1/2 cup liquid egg whites
- [TH Nutritional Yeast](#) (plentiful amount)
- [TH Mineral Salt](#) (to taste)
- black pepper (to taste)

INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Spray a small baking dish with coconut or olive oil spray.
3. Crack two eggs into the baking dish, then pour in the egg whites. Do not stir.
4. Bake for about 20 minutes.
5. Once cooked, remove the cooked whites and eggs from the pan. Dice all of the whites and yolks and sprinkle with a plentiful amount of Nutritional Yeast. Season with salt and pepper to taste.