

Hard-Boiled Eggs



Hard-boiled eggs are portable and provide a quick, easy keto snack.

1) To cook the perfect hard-boiled egg, bring a pot of water to a rolling boil.

2) Prepare a bowl of ice water and set it within reach of the pot.

3) Lower the water to a simmer and lower the egg into the boiling water.

4) Cook the egg for seven minutes, then remove from the water with a slotted spoon or tongs.

5) Submerge the egg in the ice water for a minute or two.

6) Then, dry, peel, and enjoy!