Keto Eggs Benedict

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

532.3 calories, 6.04 g carbohydrate, 2 g fiber, 4.04 g NET carbs, 28.56 g protein, 44.38 g fat

Ingredients

- 2 muffin(s) Mikey's English Muffins (Original)
- 1/2 tsp(s) sea salt
- 10 Tbsp(s) grass-fed salted butter
- 3 large(s) pastured egg yolks
- 1 Tbsp lemon juice
- 4 large(s) pastured eggs
- 4 slice(s) Canadian bacon

Preparation

1. First, make the hollandaise. Melt the butter over low heat.
2. Add the egg yolks, salt and lemon juice in a blender. Blend for 30 seconds until pale yellow.
3. Turn blender to lowest setting and drizzle in the melted butter, a few drops at a time. Continue blending until the mixture emulsifies and becomes thick. Keep warm.
4. Toast the muffins and heat the Canadian bacon. Split the Mikey's English Muffins and toast. Warm Canadian bacon. Keep warm.
5. Poach the eggs. Bring a pan of water to a simmer and add the vinegar. Crack the eggs in a small bowl one at a time.
6. Carefully add the eggs to the simmering water and turn off the heat. Cook for 4 minutes.
7. Plate the toasted English muffins, top with one slice Canadian bacon.
8. Remove poached eggs with a slotted spoon and place on top of Canadian bacon.
9. Drizzle with hollandaise and serve.

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