



Bird Nest Breakfast

This recipe is an oldie but goodie. Children especially enjoy this quick and easy breakfast.

- 4 slices of sprouted sourdough bread (click thru to past recipe for sourdough bread)
- 4 fresh eggs, preferably pastured
- Organic butter
- Sea salt and pepper to taste

Heat a large skillet on medium heat. Lightly brush with melted coconut oil or butter.

Place sourdough bread slices on a flat surface. Use a shot glass or small biscuit cutter to cut a hole in the center of each slice. Remove the circle of bread from center. Liberally butter both sides of each slice of bread. Place in heated skillet. Carefully crack an egg into the circle of each bread slice. Add a pinch of sea salt and pepper across the yolk and cook for about 2 minutes. Flip each slice and cook an additional 2 minutes. Enjoy with your favorite breakfast accompaniments.