

## Alien Eggs

Recipe brought to you by: <http://www.best-low-carb-recipes.com/> PER SERVING (1/2 an egg)

42.9 Calories

0.5g Carbs

0g Fiber

0.2 Net Carbs

2.7g Fat

3.9g Protein

(56.5% Fat, 39.3% Protein, 4.2% Carbs)

### INGREDIENTS

12 hard boiled eggs

1/2 cup very strong black tea, cooled

1/2 cup soy sauce or tamari if you're sensitive to wheat

Water

### STEP-BY-STEP

Roll the hard-boiled eggs on a clean tea towel on the counter to crack the shells all over. Don't press too hard or you'll break up the whites.

### DON'T PEEL THEM.

Place them in a bowl; add the tea and soy sauce. Then add enough water so that the liquid completely covers the eggs.

Place in fridge overnight.

Before serving, drain the eggs and peel them. Cut them in half and place yolk side down on a bed of lettuce.

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