

# HOW TO INSTANT POT

## RAMEKIN EGGS

Breakfast in less than 5 minutes.  
Makes: 3 Servings

### Ingredients

- 1 tbsp butter or ghee, plus more for greasing
- 2 cups mushrooms, chopped (or other veggies like bell pepper, onion)
- salt
- 1 tbsp chives, chopped
- 3 eggs
- 3 tbsp full-fat coconut cream

### Directions

- Using the Sauté setting of your Instant Pot, melt ghee, then sauté mushrooms together, until tender, caramelized, and reduced to 3/4 cup. Season with salt to taste.
- Meanwhile, grease the ramekins. When mushrooms are cooked, divide into ramekins. Top each with a teaspoon of chives, a freshly cracked egg, and a tablespoon of cream.
- Add 2 cups of water to the bottom of the Instant Pot. Add the trivet/steaming rack, and place the egg-filled ramekins on top. Secure and lock the lid.
- Pressure cook on low for 1-2 minutes. Quick release and immediately remove the lid when it is safe to do so.
- Carefully remove the ramekins. They'll be hot, so use heatproof oven mitts.
- Serve immediately with freshly toasted bread.