

Breakfast Bacon Cups

Ingredients

Bacon Cups

Bacon (2-3 strips per cup)

Eggs (1 per cup)

2 Tbsp Butter

1 cup Honey

Salt & Pepper

Almond Flour Base (optional)

1 cup Almond flour

2 Tbsp Butter, melted

2 Tbsp Honey

Directions

1. Pre-heat oven to 400C
2. Cook bacon for about 3-5 minutes in a large pan on medium-high heat
3. Once cooked set aside and blot excess fat off with paper towels
4. **(Optional)** heat butter and honey together and mix well with almond flour to form a almond flour base mix
5. Grease muffin tins with some butter or cooking spray
6. Take a small quarter of bacon and line the bottom of each muffin cup. If you choose to use an almond base, spoon a small amount of the almond flour mixture on top of the bacon.
7. Combine 2 Tbsp of melted butter with honey and spoon about a tsp or so on top of almond base or bacon.
8. Cut bacon strips in half and line the sides of the muffin cup.
9. Once lined, crack a single large egg into the center and season with salt and pepper
10. Sprinkle with a tiny bit of cheese if you wish
11. Bake in oven for 7-10 minutes or until egg is cooked well
12. Go to the gym because you will eat the entire batch!!