Bacon Wrapped Egg Cups

Serves 12

12 strips smoked bacon
12 medium eggs
1 tsp. coconut oil
ground black pepper

What you need to do

Preheat the oven to 400°F (200°C) and lightly grease a muffin tin with coconut oil.

Wrap the bacon on the inside of each muffin so that it covers the sides completely and creates a basket for the eggs. Using a pair of scissors, cut the bacon that sticks out of the tin. Use those pieces of bacon for the bottom of the basket.

Place the bacon in the oven for around 7-8 minutes. Remove it before it starts to get crispy.

Next, crack 1 egg inside of each basket and place the baskets back into the oven. Bake for another 10–15 minutes, depending on how you like your eggs cooked.

Once ready, season with ground black pepper and enjoy.

Nutrition info for 1 muffin.

GF	DF	LC	MP	V	Q
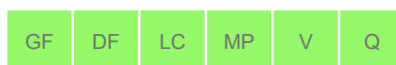
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	185	16	0	10

*Nutrition per serve

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