



Bacon and egg cups

Breakfast on the go. Makes 6. Per cup: Cal: 295;
Fat: 24g; Pro: 20g; Carb: 0

Serves: 6, Prep time: -, Cook time: -

Instructions

1. Preheat oven to 190°C.
2. Grease a 6 hole muffin pan with melted coconut oil or butter. Taking one slice of bacon at a time, wrap the inside of a muffin cup to create a ring. Repeat with the remaining slices of bacon so there is equivalent of a thick slice. May need to cut in half
3. Carefully crack 2 eggs into each bacon lined cup. Sprinkle each egg with thyme, parmesan cheese, spring onions, salt and pepper. Bake the egg cups for 10-15 minutes until the centers have set. You can adjust the cooking time based on how you prefer the consistency of your egg yolks.

(photo credit: www.gracefuleats.com)

Ingredients

- 6 Slices, thick cut bacon
- 12 Eggs, medium, preferably free range
- 12 Sprigs fresh thyme
- 3 tablespoon Grated parmesan cheese
- 2 tablespoon Chopped spring onion
- to taste pinch or to taste Black pepper
- to taste pinch or to taste Sea salt