

# Breakfast Muffins with Bacon and Cheese

<b>Servings</b>	12
<b>Preparation Time</b>	10 Mins
<b>Cooking Time</b>	20 Mins
<b>Total Time</b>	30 Mins

## Nutrition Information

<b>Calories</b>	123.00
<b>Protein</b>	9.00
<b>Protein Serve</b>	0.50
<b>Carbohydrates</b>	1.00
<b>Fat</b>	8.78

## Ingredients

- 140.00 g Bacon (raw and chopped)
- 1.00 tsp Baking Powder
- 1.50 cups Cheddar Cheese (tasty or swiss can also be used)
- 30.00 g Coconut Flour
- 60.00 ml Cream (Thickened)
- 5.00 whole Eggs
- 1.00 tsp Onion Powder
- 0.50 tsp Sea Salt (to season)
- 5.00 g Spring Onion (to garnish)

## Instructions

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1. Preheat the oven to 175°C (350°F). Line a muffin pan with paper cupcake liners (you can use squares of baking paper folded as well).
2. Combine the coconut flour and the baking powder in a small bowl. Then mix the rest of the ingredients in a large bowl until well combined. Once combined, add the coconut flour mixture to the large bowl with the rest of the ingredients and mix with a fork until the batter is smooth.
3. Scoop the batter into the cupcake liners (or baking paper), filling them three-quarters full. Bake for around 20 minutes, or until a toothpick inserted in the center of a muffin comes out almost dry. Remove from the oven, let cool slightly, and serve warm.
4. Freeze the leftovers.

## Equipment

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- 12 paper cupcake liners or baking paper
- 12 cup muffin tray