Breakfast Muffins with Bacon and Cheese

Servings	12
Preparation Time	10 Mins
Cooking Time	20 Mins
Total Time	30 Mins

Nutrition Information

Calories	0.02
Protein	0.00
Protein Serve	0.00
Carbohydrates	0.00
Fat	0.00

Ingredients

- 11.67 g Bacon
- 0.08 tsp Baking Powder
- 0.13 cups Cheddar Cheese
- 2.50 g Coconut Flour
- 5.00 ml Cream
- 0.42 whole Eggs
- 0.08 tsp Onion Powder
- 0.04 tsp Sea Salt
- 0.42 g Spring Onion

Instructions

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

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