

Quick & Easy Keto Bacon & Egg Cups



Nutritional Info (Makes 4 servings)

Kcals per serving: 170

Fat: 13 g

Protein: 11 g

Carbs: 0 g

Net Carbs: 0 g

Ingredients

1 tbsp coconut oil

8 slices bacon

4 eggs

sea salt + pepper to taste

Recommended Kitchen Tools

oil brush

muffin tin

meal prep containers

Instructions

1. Preheat oven to 400 degrees
2. brush 4 of the muffin tin wells with coconut oil to prevent from eggs from sticking
3. line each of the 4 wells with 2 slices of bacon
4. Crack 1 egg into each well
5. Season each egg muffin with salt & pepper to taste
6. Bake for 15-20 minutes (depending on your oven)
7. Separate muffins onto 4 plates, or place in meal prep containers to eat later.