

B A C O N A N D E G G C U P S

Ingredients:

- 6 slices nitrate-free bacon
- 4 eggs
- 1/2 cup grated cheese
- 1 1/2 cups diced/shredded vegetables (veggie ideas: red pepper, baby spinach, red onion)
- Salt and Pepper to taste
- 1-2 Tbsp. Onion powder
- 1-2 Tbsp. Garlic powder
- 1/2 cup cream



Instructions:

Heat oven to 180/350. Line muffin tray with bacon. If not using silicon, grease first.

In a bowl whisk eggs; add other ingredients and mix well. Scoop mixture into bacon in muffin tray/tins. Cook for 25-30 mins or until cooked through. Time will vary slightly.