

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## **Portable Bacon Omelet**

Makes 6 (3 servings)

### **Ingredients:**

- 3 eggs
- 2 Tbsp bacon drippings
- ¼ tsp sea salt
- 3 Tbsp sifted coconut flour
- ¼ tsp baking powder
- 8 strips crisp bacon, crumbled
- ½ c sharp cheddar cheese, shredded

### **Directions:**

- Blend together eggs, bacon drippings, and salt.
- Combine coconut flour and baking powder and whisk into batter until there are no lumps.
- Fold in bacon.
- Pour batter into greased muffin cups.
- Top with cheese.
- Bake at 400 for 15 minutes.