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## **Bacon and Apple Egg Muffins**

### **Ingredients:**

- Bacon 4 slices
- Green apples, chopped into 1/2-inch chunks 3
- Cinnamon 2 tsp
- Eggs 9
- Coconut flour 1-1/2 tbsp
- Coconut milk (or heavy cream) 3 tbsp
- Baking soda 1/4 tsp
- Sea salt 1/8 tsp

### **Directions:**

1. Preheat oven to 350 degrees F.
2. Sauté the bacon until crisp on both sides. Remove from pan and set aside, but leave the grease.
3. Add the apples to the pan and cook with cinnamon for about 5 minutes. When they're golden brown, they're ready.
4. Whisk the eggs, flour, coconut milk, baking soda, and sea salt in a large bowl.
5. Distribute the egg mixture and apple mixture evenly in a standard muffin tin. Crumble the bacon evenly into the tins as well.
6. Bake approximately 25 minutes—you want the center to set. If you insert a knife or fork into the center, it should come out mostly clean.
7. Set aside and let rest for about 10 minutes. Remove muffins from tin and refrigerate. When you're on the road, keep them in a cooler.

