

KETO JALAPENO MUFFINS

Serves: **4**
Prep Time: **10** Minutes
Cook Time: **30** Minutes
Total Time: **40** Minutes

INGREDIENTS

- **8 eggs**
- **8 oz. cheese**
- **¾ cup heavy cream**
- **salt**
- **jalapeno**
- **8 slices bacon**

DIRECTIONS

- 1. Preheat oven to 325**
- 2. Add bacon to each muffin tin**
- 3. In a bowl mix cream, cheese, pepper, eggs and salt**
- 4. Distribute into 8-10 muffin cups and add jalapeno to each muffin tin**
- 5. Bake for 15-20 minutes, when ready remove and serve**