

KETO EGG BITES

Serves: 2
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Total Time: 30 Minutes

INGREDIENTS

- 4 eggs
- 1/2 cup swiss cheese
- 1/2 cup fat cottage cheese
- 1/2 tsp salt
- black pepper
- 2 thick slices of paleo sugar free bacon

DIRECTIONS

1. Preheat oven to 325 F and place a baking dish
2. In a bowl mix cottage cheese, salt, pepper cheese, eggs and blend until smooth
3. Spray a muffin tin and pour the mixture into it, add chopped bacon and bake for 25 minutes
4. Remove and serve