## Cheesy Breakfast Puffs Ingredients

6 slices cooked bacon, chopped (reserve bacon fat or use avocado/olive oil) 1/2 bell pepper (any color), diced 1/2 onion. diced salt and pepper to taste 1/2-1 tbsp. minced garlic (adjusted to your preference) 4 tbsp. butter, melted 2 tbsp. sour cream or greek yogurt 4 eqqs 1 cup shredded cheddar cheese 1/3 cup coconut flour 1/4 tsp. baking powder

Directions

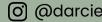
- 1. Preheat oven to 375 F.
- 2. Heat skillet to medium heat and add a couple tablespoons of bacon fat or oil, if preferred.
- 3. Add peppers and onions and cook until soft.
- 4. Add chopped bacon to skillet and combine.
- 5.In a medium bowl, add butter, eggs, sour cream, baking powder, and stir to combine.
- 6. Add in peppers, onions, and bacon.
- 7. Mix in cheddar cheese.
- 8. Line parchment paper on a baking sheet.
- 9. Form into balls on the baking sheet, making them your preferred size. I made 6 larges puffs; you could easily make 12 smaller puffs.
- 10.Bake for 14-16 minutes until slightly browned.
- 11.Let cool about 5 minutes.
- 12.Enjoy!

Disclaimer: I am not a nutritionist and sharing this recipe does not constitute nutrition advice. Please consult a nutritional practictioner about a nutrition plan that's best for you.



## Cheesy Breakfast Puffs My hotes

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