

# 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 eggs  
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 large 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 practitioner about a nutrition plan that's best for you.

# Cheesy Breakfast Puffs

*My notes*

A large, empty white rectangular area intended for handwritten notes.

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