BACON AND EGG MINI PIE

- 10g cooked streaky bacon (Beehive)
- 9g grated Colby cheese
- 20g whipped cream (Anchor)
- 20g egg
- Pinch salt and pepper (optional)

Preheat oven to 180 degrees C, Fan 160 degrees C
Cook bacon and chop finely
Mix egg with whipped cream and seasonings
Pour mixture into silicon muffin tin (greasing or baking paper required if other type used)
Sprinkle with the chopped bacon and half the grated cheese
Bake for 15-20 mins until lightly browned
Sprinkle with rest of cheese and grill to melt and brown the cheese.

Can be frozen and reheated in microwave or eaten cold if preferred.

If making a batch, multiply ingredients accordingly. Evenly divide egg mixture, bacon, and grated cheese into each muffin tin to ensure accurate distribution. Can also be made in a loaf tin and sliced into 6 even portions for same nutritional values as pies, will require slightly longer cooking time.

Each pie: Prt: 6.5g, Fat: 15.3g, Cho: 0.71g, 167 Kcal.
*2.1:1 ketogenic ratio if eaten on its own. If using in a meal with other foods included, enter nutritional values for 1 pie as above, using amount ‘100’ in meal planner. (if using 2 pies enter ‘200’ etc)

If substituting different brands to above, or adding any other ingredients (onion, tomato, ham, peppers etc), meal plan recalculation will be required.

This recipe needs to be adapted to EACH INDIVIDUAL’S prescription. Please take this recipe to your dietitian and he / she will help you do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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