

Crispy Bacon & Cheese Lattice

KETO FRIENDLY | GLUTEN FREE



Category:
Light Recipes

INGREDIENTS

- 1/2 package thick-cut bacon
- Grated cheese of choice, enough to cover the bacon lattice
- Optional: avocado slices for serving
- Optional: black pepper or herbs to taste Use organic ingredients whenever possible, especially bacon and cheese.

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Layer the bacon strips into a lattice design, weaving the strips over and under each other.
2. Place the bacon lattice in the air fryer and cook at 390°F until lightly crispy. Cooking time will vary depending on the thickness of the bacon and the air fryer.
3. Top with grated cheese and continue cooking until the cheese is melted and golden.
4. Let rest briefly before cutting into pieces. Serve warm.
5. Alternative method: this can also be made in a panini maker. Watch closely so the bacon crisps without burning.

VICTORIA'S TIP

Stop Sugar Crave(TM) | Recipe PDF | Crispy Bacon & Cheese Lattice ■ Use thick-cut bacon for the best texture and structure.

APPROXIMATE NUTRITION

Nutrition varies according to the ingredients and serving size used.

RECIPE PAGE - LIGHT BITES

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