

➤ BREAKFAST: SALSA SCRAMBLED EGGS WITH AVOCADO AND BACON

 Serves 4

 Prep: 8 min.

 Cook: 15 min.

NOTES

Applegate is a well-known brand for Paleo approved bacon. Same with US Wellness Meats if you are able to order ahead.

Make sure to use fresh all natural salsa, the ingredients list should be short and all recognizable.

If time permits cook the bacon on a foil lined baking sheet at 400F for 15-20 minutes, no need to flip it and ensures a fast and easy clean up. Just rest it on a paper towel covered plate to cool when done.

INGREDIENTS

12 eggs

¾ cup Paleo friendly salsa

1 avocado, peeled, pitted, and sliced

16 slices of good quality bacon (gluten, nitrate & nitrite, and sugar free)

1-2 tbsp cooking fat

Sea salt & freshly ground black pepper to taste

PREPARATION

Place the bacon slices in a large frying pan and heat over medium heat.

Cook the bacon slices flipping occasionally until desired crispiness.

Remove from the pan and let the bacon rest on a paper towel covered plate.

In a medium bowl whisk together the eggs, salt and pepper until slightly frothy.

Heat your choice of cooking fat in a large skillet over medium heat.

Once the pan is hot pour the eggs in and let them cook for 10 – 20 seconds.

Add the salsa to the eggs and gently stir the eggs in order to form soft curdles and scramble them.

Cook until the eggs thicken and set.

Divide the eggs on to 4 plates and serve each with avocado slices and bacon.