



Bacon & Egg cups

Makes 6 cups | Prep time: 10 mins | Bake time: 25 mins

These creamy, protein-packed bacon cups are perfect for meal prep or a nourishing grab-and-go lunch.

Ingredients

- 250g cream cheese
- 125g sour cream
- 2 extra-large eggs
- 30g feta cheese
- ¼ cup almond flour (optional – adds stability)
- ½ tsp mixed herbs
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt & pepper, to taste
- 6 egg yolks
- 12-18 slices of streaky bacon (enough to line 6 muffin cups)

Instructions

1. Preheat your oven to 160°C (320°F).
2. Line a silicone Texas muffin pan with bacon, overlapping if needed to form a cup.
3. In a food processor or using a mixer, blend together cream cheese, sour cream, whole eggs, feta, almond flour (if using), and seasonings until smooth and creamy.
4. Pour the mixture evenly into each bacon-lined cup.
5. Drop one egg yolk into the center of each filled cup.
6. Top with chopped herbs (optional) for extra colour and flavour.
7. Bake for 25 minutes or until golden and set.
8. Allow to cool slightly before removing from the pan.

Storage Tip

Store in an airtight container in the fridge for up to 4 days.
Reheat gently or enjoy cold!

