

# Zack's Keto Bacon & Egg McGriddle Alternative (Dairy-Free version)

Time to prepare: 10 minutes.

## You will need:

### MUG BUN

- 1-½ tbsp ghee
- 1 tbsp coconut flour
- 2 tbsp almond flour
- ½ tsp baking powder
- 1 large egg
- 1-½ tbsp water
- 1 tbsp sugar free low-carb syrup

### ADDITIONAL INGREDIENTS

- 1 egg
- 2 pieces of bacon sliced in half
- 1 tsp ghee

## Preparation

### MUG BUN:

1. In a large diameter mug put 1-½ tbsp ghee, melt in the microwave on high for 30 seconds.
2. Add coconut flour, almond flour, baking powder, egg, water and syrup.



Picture shown is regular version

Be sure to check out our step by step video at [To be determined](#)

3. Whisk with a fork until well blended.
4. Microwave on high for 1:45 to 2:00 minutes depending on your microwave.
5. Let cool for 5 minutes then turn the mug upside down over a plate and tap the bottom to remove the bun. Slice in half.

*TIPS: For a better consistency, 1) sift your flours, 2) mix everything in a bowl and then pour the mixture into the lightly greased mug.*

### SANDWICH:

1. Heat a medium sized frying pan over medium heat. Add 1 tsp ghee.
2. Once melted, put the bun halves in the pan lightly toasting each half on both sides then remove and lay open face on a plate.
3. In the same pan, add the 4 half slices of bacon and fry to desired doneness. Put the bacon on a sheet of paper towel to drain briefly. Place the bacon on one half of the bun.
4. Crack a large egg in the same skillet using approx 1 tsp of the bacon grease to cook it in. If you have a round egg

ring, that works great for the shape.  
Break the yolk and if desired, lightly  
spread it to cover. Cook the egg over  
medium.

5. Place the egg on top of the bacon, trim  
the egg to fit if necessary, add the top of  
the bun and enjoy!

### **Macros:**

**Calories:493**

**Protein:21g**

**Fat:42g**

**Net Carbs:3g**