

# Zack's Keto Bacon & Egg McGriddle Alternative

Time to prepare: 10 minutes.

## You will need:

### MUG BUN

- 1 tbsp butter
- 1 tbsp coconut flour
- 2 tbsp almond flour
- ½ tsp baking powder
- 1 tbsp heavy cream or whipping cream
- 1 large egg
- 1 tbsp water
- 1 tbsp sugar free low-carb syrup

### ADDITIONAL INGREDIENTS

- 1 egg
- 2 pieces of bacon sliced in half
- Cheddar cheese sliced thin, enough to cover the bun
- 1 tsp Butter

## Preparation

### MUG BUN:

1. In a large diameter mug put 1 tbsp butter, melt in the microwave on high for 30 seconds.



Be sure to check out our step by step video at <https://youtu.be/WySc4vsII4M>

2. Add coconut flour, almond flour, baking powder, heavy cream, egg, water and syrup.
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 mug.*

### SANDWICH:

1. Heat a medium sized frying pan over medium heat. Add 1 tsp butter
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. Add the slices of cheese to cover the bun.
4. 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 top of the cheese.

5. 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.

6. 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:635**

**Protein:28g**

**Fat:53g**

**Net Carbs:6g**