

Sheet Pan Bacon & Black Bean Eggs

4 servings**25 minutes**

Ingredients

2 grams Avocado Oil Spray
9 Egg (large, whisked)
1/4 cup Shallot (sliced)
7 slices Bacon (chopped)
1 1/4 cups Black Beans (cooked)
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	432
Fat	29g
Carbs	15g
Fiber	5g
Protein	26g
Calcium	87mg

Directions

- 1 Preheat the oven to 350°F (175°C) and spray an oven-safe pan with oil.
- 2 In a large bowl, mix the eggs, shallots, bacon, and beans together. Add the mixture to the prepared pan. Bake for 15 minutes or until the eggs have set.
- 3 Garnish with the parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: A 9 x 9-inch (23 cm x 23 cm) baking pan was used for make four servings.

One serving is one square.

More Flavor: Add chili powder to the egg mixture before baking.

Additional Toppings: Salsa, shredded cheese, and/or hot sauce.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Cinnamon Flax Muffins

12 servings**30 minutes**

Ingredients

2 cups Ground Flax Seed
1 tbsp Baking Powder
1/4 tsp Sea Salt
2 tbsps Cinnamon
6 Egg (room temperature)
1/3 cup Coconut Oil (melted)
1/2 cup Water (warm)

Nutrition

Amount per serving	
Calories	183
Fat	14g
Carbs	7g
Fiber	5g
Protein	7g
Calcium	122mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.