3 Ingredient Bacon

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TOTAL TIME

20 mins

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COURSE   **SERVINGS**   **CALORIES**

Breakfast, Snack   1   **195** kcal

EQUIPMENT

- Air Fryer
- parchment paper
- basting brush
- large bowl

INGREDIENTS

- ½ box Trader Joe's Tofu Sheets or any kind of tofu skins - check your local Asian mart!
- 1 Tbsp Better Than Bouillon No Chicken Base carried by Whole Foods
- 1 Tbsp Colgin's Liquid Smoke Hickory Flavor

INSTRUCTIONS

1. Unfold the tofu skin and gently tear into the width and length of bacon strips. Try to get the "bacon" as thin as possible by very gently pulling apart the folds of the tofu skin. You can tear small holes in the tofu skin bacon — it will improve the texture.

2. Lay the bacon strips down in the same direction in your bowl.

3. Using a basting brush, gently brush both sides of the "bacon" strips with the no-chicken bouillon, flipping it over as much as needed until it's lightly coated all over.

4. Add a small amount of water into the bowl, maybe 1 tbsp at most. Stir the "bacon" around so that the water can break up any large chunks of the no-chicken bouillon.

5. Add liquid smoke and gently stir until it's fully coated.

6. Line one air fryer tray with parchment paper. Lay out the "bacon" strips in the same direction until it covers the tray. Try not to overlap the "bacon" too much so that it can cook to the right crispiness. A little bit of overlap is okay.

7. Cook in the air fryer at 400 degrees for 6-10 minutes. You want at least both ends of the "bacon" to be brown and crispy.

8. Keep an eye on the "bacon" while it cooks. Take the "bacon" out of the air fryer when you've reached the desired crispiness. You can store the "bacon" in the fridge for a couple of days.

NUTRITION

Nutrition Facts

3 Ingredient Bacon

Amount Per Serving

Calories 195	Calories from Fat 77
	% Daily Value*
Fat 8.5g	**13%**
Carbohydrates 12g	**4%**
Protein 15g	**30%**

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?
Let us know how it was!