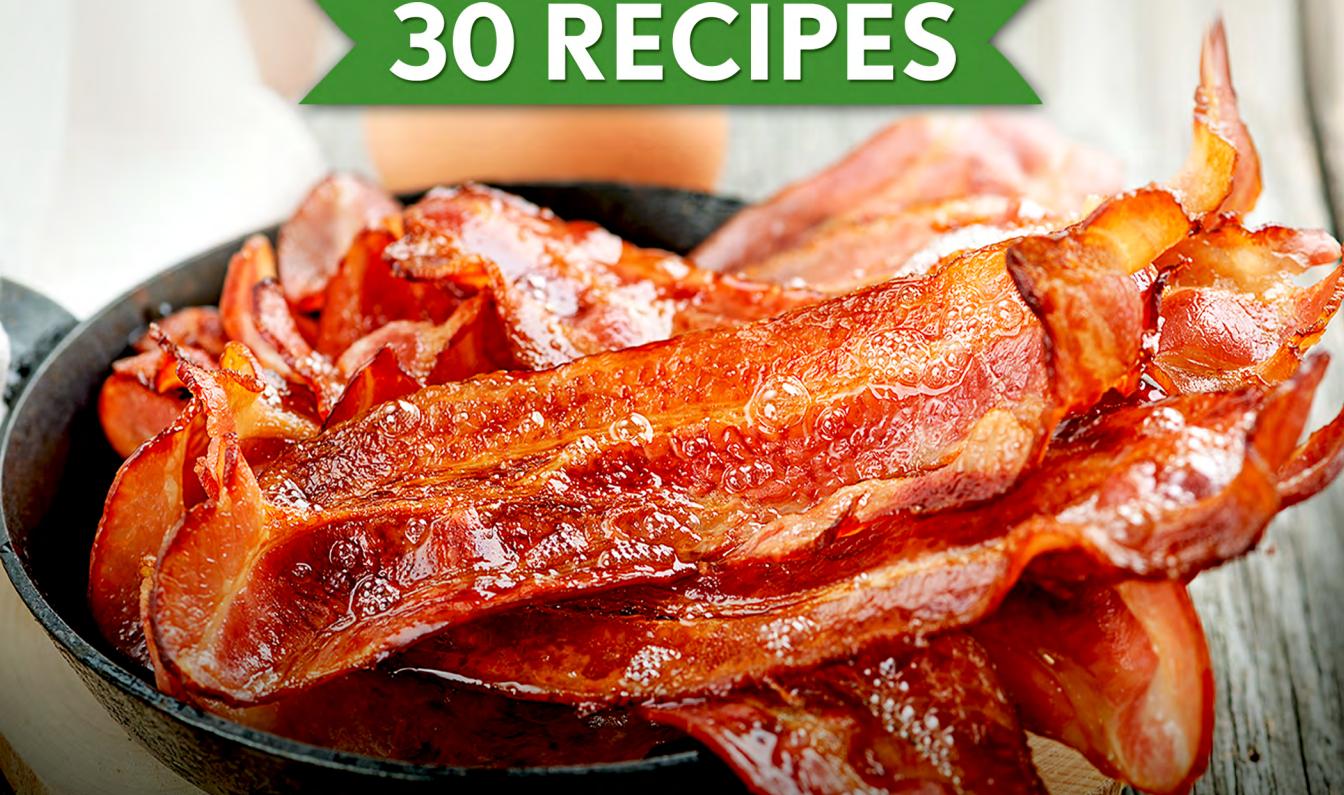


KETO *Bacon* RECIPES

30 RECIPES



TOM HUNTER

CUSTOMKETODIET

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KETO BACON CHEESEBURGER CASSEROLE

SERVINGS: 6

INGREDIENTS

Beef Layer

- 1** onion quartered and sliced
 - 1 clove** garlic crushed
 - 750 g** ground/mince beef
 - 60 g** cream cheese full fat
 - 3** slices bacon diced
- salt/pepper to taste

Cheats Cheese Sauce

- 3** eggs - medium
- 125 ml** heavy cream

100 g shredded/grated cheese

2 Tbsp mustard

2 gherkins/pickles sliced
salt/pepper to taste

50 g shredded/grated cheese to
sprinkle over

INSTRUCTIONS

Beef Layer

- 01.** Fry the bacon pieces until cooked then remove and set aside.
- 02.** Fry the onion, garlic and beef until thoroughly cooked.
- 03.** Add salt and pepper to taste, stir through the cream cheese.
- 04.** Pour the beef layer into the baking dish. Sprinkle the bacon pieces over.

Cheats Cheese Sauce

01. Mix the eggs, cream, shredded/grated cheese, mustard, salt and pepper together. Pour the cheese sauce over the beef and bacon.

02. Place slices of gherkins/pickles all over the top then cover with the remaining shredded/grated cheese.

03. Bake at 180C/350F for 15 minutes until the cheese is golden and crispy. Serve with salad and 1 minute mayonnaise.

NUTRITION

Amount Per Serving	
Calories	613
Calories from Fat	459
Total Fat	51 g
Total Carbohydrates	3 g
Sugars	1 g
Protein	33 g



BACON WRAPPED CHEESE STICKS

Mozzarella cheese sticks wrapped in crispy bacon are a fun and addictive snack for game-day! You will need to use pre-cooked bacon for this recipe so look for packages of it at the grocery store.

SERVINGS: 12

INGREDIENTS

12 string cheese or mozzarella cheese sticks

36 strips pre-cooked packaged bacon

INSTRUCTIONS

01. Preheat oven to 425°F. Line a large baking sheet with foil or parchment paper.

02. Starting at one end of a cheese stick, carefully wrap one strip of bacon around it, overlapping bacon halfway each time to help secure the bacon in place. Because the bacon is pre-cooked it will be a little harder to wrap, but the light pink and fat portions should still be pretty flexible. When you reach the end of your bacon, tuck the end into one of the folds to keep it from unwrapping. Repeat with 1-2 more strips of bacon until your cheese is completely covered, including ends of cheese.

03. Place finished wrapped cheese stick on a baking sheet. Repeat with remaining cheese and bacon. Bake in the oven for about 6-10 minutes, or until bacon is crisp and before cheese completely loses its form.

NUTRITION

Red Lobster Copycat Cheddar Bay Biscuits

Amount Per Serving (1 biscuit)	
Calories	258
Calories from Fat	144
Total Fat	16 g
Saturated Fat	10 g
Cholesterol	45 mg
Sodium	215 mg
Potassium	198 mg
Total Carbohydrates	21 g
Sugars	1 g
Protein	6g



CHEESE-STUFFED BACON-WRAPPED BUNDT MEATLOAF

There's nothing better than cheese and bacon right?

SERVINGS: 8

INGREDIENTS

- 440 g** bacon (or fresh pork belly)
- 2 Tbsp** low sugar ketchup
- 130 g** mozzarella

Meatloaf

- 1 kg** ground pork or beef (or a mix of both)
- 3 cloves** garlic
- 1 (150g)** onion
- 1 tsp** Himalayan salt
- 1 tsp** black pepper
- ½ tsp** garlic powder
- ½ tsp** nutmeg
- 1 Tbsp** sage
- 1 Tbsp** thyme
- 1 Tbsp** oregano
- 2** eggs
- 30 ml** almond milk (unsweetened)

INSTRUCTIONS

01. Preheat the oven to 190C/375F.
02. Mince the onion and garlic. Slice the mozzarella brick into small rectangles (this will be stuffed inside the meatloaf)
03. In a large bowl, mix the meatloaf ingredients together and knead for 1-2 minutes with your hands.
04. Line the Bundt pan with the bacon running it vertically up the sides of the ring and making sure that each opening is covered with bacon-y goodness.
05. Add half of the hamburger mixture to the pan over the bacon slices.
06. Place the cheese rectangles all around the ring over the hamburger.
07. Cover with the other half of the hamburger and make sure all of the cheese is fully covered.

08. Tightly wrap the hanging bacon slices over the meatloaf.

09. Brush a tablespoon of ketchup over the bacon and place it in the oven to bake for 50-60 minutes.

10. Take out of the oven, place a plate over the bundt mold and flip upside down. Watch out for the piping hot liquid. I personally flipped mine over a baking pan so that the liquid couldn't fall out.

11. Brush another Tbsp of ketchup over the bacon and place it back into the oven on the high rack for 2 minutes, just to let the ketchup sink in the bacon.

12. Take out of the oven and cut into 8 pieces. The oozing cheese will be sooo yummy. Feel free to eat it as is, or top with more ketchup or some tomato sauce

NUTRITION

Cheese-Stuffed Bacon-Wrapped Meatloaf

Amount Per Serving (1 slice)	
Calories	640
Calories from Fat	493
Total Fat	54.74 g
Saturated Fat	20.89 g
Cholesterol	187 mg
Sodium	525 mg
Total Carbohydrates	4.41 g
Dietary Fiber	1.1 g
Sugars	1.18 g
Protein	30.74 g



BACON AND EGG CUPS

Perfect meal prep breakfast that is full of protein and portable.

SERVINGS: 12

INGREDIENTS

- 12** eggs
- 12 pieces** nitrate free bacon (paleo approved if necessary)
- 1 Tbsp** chopped chives
- salt and pepper

INSTRUCTIONS

- 01.** Preheat oven to 400 degrees.
- 02.** Cook bacon for about 8-10 minutes. Remove from pan while still pliable, not crisp. Cool on paper towels.

03. Grease your muffin tins.

04. Put one piece of bacon in each hole, wrapping it around to line the sides. Crack the eggs in each hole. Top with chopped chives. Salt and pepper to taste.

05. Cook for about 12-15 minutes or until bacon is crisp. Watch closely.

NUTRITION

Calories	67 kcal
Protein	5 g
Fat:	4 g
Saturated Fat	1 g
Cholesterol	164 mg
Sodium	69mg
Potassium	60mg

LOW CARB PINWHEELS WITH BACON AND CREAM CHEESE

Low Carb Pinwheels with Bacon and Cream Cheese - this quick and easy keto recipe is versatile and is great as an appetizer or as a snack.

SERVINGS: 10

INGREDIENTS

- 8 slices** of ham or salami
lunchmeat thick sliced (or
double up thinly sliced
lunchmeat)
- 5-8 slices** bacon cooked
- 4 oz** cream cheese softened
- 1-½** teaspoons homemade ranch
seasoning
- ¼** cup black olives chopped

INSTRUCTIONS

- 01.** Place the salami or ham down on a cutting board in overlapping rows 4x2.
- 02.** Spread cream cheese over the salami. If your cream cheese is too hard to spread with a knife, you can try placing it between two sheets of wax paper and rolling it flat with a rolling pin and then placing it onto the salami or ham.
- 03.** Sprinkle the ranch seasoning on the cream cheese and then add the black olives. (alternatively, you can blend



seasonings into cream cheese before spreading).

- 04.** Lay the strips of bacon across the cream cheese in the short direction.
- 05.** Carefully roll the pinwheels - long side to long side, rolling as tightly as possible.
- 06.** Hold the roll securely and cut into 1-2" pieces.
- 07.** Serve as an appetizer or wrap each piece individually with plastic wrap for single-servings.

NUTRITION

Calories	143 kcal
Carbohydrates	2 g
Protein	6 g
Fat	12 g
Saturated Fat	5 g
Cholesterol	33 mg
Sodium	543 mg
Potassium	101 mg



LOADED CAULIFLOWER (LOW CARB, KETO)

This loaded cauliflower, made with butter, sour cream, chives, cheddar cheese and bacon, is the ultimate in low carb comfort food!

SERVINGS: 6

INGREDIENTS

- 1 lb** cauliflower florettes
- 4 oz** sour cream
- 1 cup** grated cheddar cheese
- 2 slices** cooked bacon crumbled

- 2 Tbsp** snipped chives
- 3 Tbsp** butter
- 1/4 tsp** garlic powder
- salt and pepper to taste

INSTRUCTIONS

01. Cut the cauliflower into florettes and add them to a microwave safe bowl. Add 2 tablespoons of water and cover with cling film. Microwave for 5-8 minutes, depending on your microwave, until completely cooked and tender. Drain the excess water and let sit uncovered for a minute or two. (Alternately, steam your cauliflower the conventional way. You may need to squeeze a little water out of the cauliflower after cooking.)

02. Add the cauliflower to a food processor and process until fluffy. Add the butter, garlic powder, and sour cream and process until it resembles the consistency of mashed potatoes. Remove the mashed cauliflower to a bowl and add most of the chives, saving some to add to the top later. Add half of the cheddar cheese and mix by hand. Season with salt and pepper.

03. Top the loaded cauliflower with the remaining cheese, remaining chives and bacon. Put back into the microwave to melt the cheese or place the cauliflower under the broiler for a few minutes.

04. I visually divide the cauliflower into sixths. Serving size is approximately 1/3-1/2 cup.

NUTRITION

Calories	199 kcal
Carbohydrates	5 g
Protein	8 g
Fat	17 g
Saturated Fat	10 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	5 g
Cholesterol	46 mg
Sodium	242 mg
Potassium	291 mg
Fiber	2 g



BACON WRAPPED GUACAMOLE STUFFED CHICKEN

Tender chicken breast stuffed with creamy guacamole and wrapped in bacon that's grilled until the bacon is nice and crispy!

SERVINGS: 4

INGREDIENTS

4 (6 oz) chicken breasts, butterflied or pounded thin
salt and pepper to taste

½ cup guacamole

8 slices bacon

INSTRUCTIONS

01. Lay the chicken flat, season the outside with salt and pepper, spread 1/4 of the guacamole on each of the chicken breasts, roll them up and wrap each in 2 slices of bacon

02. Grill over indirect medium heat, with the lid down, until the bacon is crispy and the chicken is cooked (160F to 165F), about 20-30 minutes, or bake in a preheated 400F/200C oven on a wire rack on a baking pan until cooked, about 20-30 minutes, turning the oven to broil for the last few minutes to ensure that the bacon is crispy.

03. Option: Replace the salt and pepper with your favourite seasoning blend.
Option: Add flavours to the guacamole like sundried tomatoes or blue cheese, etc.

NUTRITION

Calories	338
Fat	17.5 g
Saturated	3.6 g
Cholesterol	104 mg
Sodium	670 mg
Carbs	4.3 g
Fiber	2 g
Sugars	1 g
Protein	44.5 g



BROCCOLI SALAD WITH BACON – HEALTHY SIDE DISH- POTLUCK

Bacon Cheddar Broccoli Salad is gluten free and low carb. A healthy, nutritious side dish the whole family will love. Party food, grill side or a healthy salad for lunch! A very easy, tasty salad full of healthy ingredients. The whole family will love it. A very popular potluck or party food!

SERVING SIZE: 1 CUP

YIELD: 10

INGREDIENTS

Dressing:

- 1 cup** mayonnaise
- 2 Tbsp** apple cider vinegar
- 1/4 cup** sugar (or equivalent sweetener of your choice)

For the Broccoli Salad

- 4 cups** Broccoli cut into bite-sized pieces, stalk and all(except tough parts)
- 5 strips** cooked bacon
- 1/2 cup** onion, finely diced (I use white onion)
- 1 cup** dried Cranberries
- 1 cup** cheddar cheese (cut into $\frac{1}{4}$ inch cubes)
- 1/8 cup** sunflower seeds
- 1/8 cup** pumpkin seeds

INSTRUCTIONS

- 01.** For the Dressing:
 - 02.** Whisk together the dressing ingredients and adjust them to your personal taste. Set aside.
 - 03.** For the Broccoli Salad:
 - 04.** Set a skillet to medium heat. Lay the bacon strips in and cook covered until browned. Turn the bacon over and cook covered a few more minutes until browned but NOT burned.
 - 05.** Remove bacon to a cutting board and chop when cool to touch into $\frac{1}{4}$ inch pieces. Set aside.
 - 06.** Meanwhile chop and measure broccoli, onion and cheese and pour into a large bowl.
 - 07.** Add the chopped bacon and remaining ingredients.
 - 08.** Pour the dressing over the assembled salad ingredients and stir gently until all parts of the salad are evenly coated.

09. Serve at room temperature or chilled.
This salad can be made a day ahead and
refrigerated. It holds up to a week in the
fridge covered as leftovers.

NUTRITION

Amount Per Serving	
Calories	355
Total Fat	25 g
Saturated Fat	6 g
Trans Fat	0 g
Unsaturated Fat	18 g
Cholesterol	28 mg
Sodium	476 mg
Carbohydrates	28 g
Fiber	4 g
Sugar	19 g
Protein	8 g

ROASTED BUTTERY MUSHROOMS & BACON

SERVINGS: 4

INGREDIENTS

- 400g/14.1oz** brown mushrooms
- 200g/7.05oz** shiitake mushrooms
- 200g/7.05g** bacon
- 2 cloves** garlic
- 2 Tbsp** butter (ghee for paleo)
- 1 Tbsp** olive oil
- 1 pinch** salt
- 1/4 cup** curly parsley

INSTRUCTIONS

01. Preheat the oven to 180C/350F.
02. Quarter or halve your mushrooms if they are bigger than bite-size pieces. Mince the garlic. Slice the bacon. Mince the parsley.
03. Place the mushrooms on a baking tray, drizzle the olive oil all over and sprinkle the salt all over. Place in the oven and roast for 20 minutes.
04. While the mushrooms are cooking, fry up your bacon until half crispy.
05. Add the mushrooms to the bacon's frying pan. Add the garlic and butter and cook until the butter is melted and the garlic is somewhat cooked. Add the parsley to the frying pan and the mushrooms are ready to serve!



NUTRITION

Amount Per Serving (1 serving)	
Calories	226
Calories from Fat	187
Total Fat	20.76 g
Saturated Fat	8.29 g
Polyunsaturated Fat	1.86 g
Monounsaturated Fat	9.26g
Cholesterol	31 mg
Sodium	20 mg
Potassium	496 mg
Total Carbohydrates	6.39 g
Dietary Fiber	1.3 g
Sugars	2.23 g
Protein	5.79 g



STUFFED CHICKEN WITH ASPARAGUS & BACON

My Stuffed Chicken with Asparagus & Bacon has only 3 ingredients and a 5-minute preparation but it will impress your dinner company time after time.

SERVINGS: 4

INGREDIENTS

- 8** chicken tenders about 1 lb
- ½ tsp** salt
- ¼ tsp** pepper
- 12** asparagus spears about .5 lb
- 8 pieces** bacon about .5 lb

INSTRUCTIONS

- 01.** Preheat oven to 400.
- 02.** Lay two pieces of bacon out on a baking sheet. Place 2 chicken tenders on top. Season with a little salt and pepper. Add 3 spears of asparagus. Wrap the bacon around the chicken and asparagus to hold it all together. Repeat.
- 03.** Bake for 40 minutes until the chicken is cooked through, the asparagus is tender, and the bacon is crisp.

NUTRITION

Amount Per Serving	
Calories	377
Calories from Fat	225
Total Fat	25 g
Saturated Fat	8 g
Cholesterol	109 mg
Sodium	798 mg
Potassium	646 mg
Total Carbohydrates	3 g
Dietary Fiber	1 g
Sugars	1 g
Protein	32 g

EASY CHEESY BACON CHICKEN – LOW CARB KETO GLUTEN FREE

Cheesy Bacon Chicken — with only 5 ingredients and a 5-minute preparation, you will feel the bacon love in no time!

SERVINGS: 6

INGREDIENTS

- 5-6** chicken breasts , cut in half width wise (about 2.5-3 lbs.)
- 2 Tbsp** seasoning rub (I use my smoked paprika rub, but you can use a seasoning salt or bbq rub — basically any rub with salt, garlic powder, onion powder, paprika — not an herb rub)

½ lb bacon , cut strips in half

4 oz shredded cheddar

sugar free barbecue sauce , optional, to serve

INSTRUCTIONS

- 01.** Preheat oven to 400. Spray a large rimmed baking sheet with cooking spray.
- 02.** Rub both sides of chicken breasts with seasoning rub. Top each with a piece of bacon. Bake for 30 min on the top rack until the chicken is 160 degrees and the bacon looks crispy.
- 03.** Remove tray from the oven and sprinkle the cheese over the bacon. Put back in the oven for about 10 min until the cheese is bubbly and golden. Serve with barbecue sauce.



NUTRITION

Amount Per Serving	
Calories	345
Calories from Fat	207
Total Fat	23 g
Saturated Fat	9 g
Cholesterol	105 mg
Sodium	477 mg
Potassium	450 mg
Total Carbohydrates	1 g
Protein	29 g



LOW CARB CARAMELIZED BACON KNOTS

Your guests will LOVE these caramelized bacon knots with black pepper! Low carb, keto, LCHF, and sugar free recipe.

SERVINGS: 4

INGREDIENTS

- 8 slices** bacon
- 1 tbs** cracked black pepper blend
- 1 tbs** low carb sweetener

INSTRUCTIONS

01. Mix equal amounts of the pepper blend and sweetener in a small bowl. I used erythritol, but xylitol would be a good alternative. Set aside.

02. Cut slices of bacon into half, then tie each half into a knot.

03. Press the bacon knots into the pepper mixture, turning them over to coat as much as possible. Place the dipped knots onto a baking sheet lined with a wire rack.

04. Place the bacon knots under a preheated broiler, and cook for about 5-7 minutes on each side, or until cooked to your liking. You might like to make sure your extractor fan is on as they can make quite a bit of smoke!

05. Let them cool down, blotting them on paper towels to remove excess grease if necessary. Serve immediately

NUTRITION

Amount Per Serving (3 knots)	
Calories	187
Calories from Fat	153
Total Fat	17 g
Saturated Fat	5 g
Cholesterol	29 mg
Sodium	291 mg
Potassium	107 mg
Total Carbohydrates	1 g
Dietary Fiber	0.01 g
Protein	5 g



WARM RANCH CRACK DIP RECIPE WITH BACON AND CREAM CHEESE

What is crack dip? The most delicious, addictive appetizer ever! This warm ranch crack dip recipe with bacon and cream cheese takes just 10 minutes prep and can be made ahead.

SERVINGS: 15

INGREDIENTS

- 8 oz** Plain cream cheese
- ¾ cup** Ranch dressing (for a thick dressing; use $\frac{2}{3}$ cup if using a thin one)
- ½ cup** Sour cream
- 1 cup** Cheddar cheese (shredded)
- ½ cup** Bacon bits (cooked)
- ½ cup** Green onions (chopped)

¼ tsp Cayenne pepper (optional - or more to taste)

INSTRUCTIONS

- Preheat the oven to 350 degrees F (177 degrees C).
- Heat the cream cheese gently in the microwave on medium power, or on the stove in a double boiler, until it's warm and easy to stir. (Don't get it scalding hot, just warm. If it's too hot, wait for it to cool to be just warm before the next step, to avoid curling the ranch and sour cream.)
- Stir the ranch dressing into the cream cheese, until smooth, then stir in the sour cream. Stir in remaining ingredients.
- Transfer the dip into a 1/2 quart (1/2 liter) glass or stoneware baking dish like this one.
- Bake for about 15 minutes, until hot and bubbly at the edges underneath. Serve hot or warm, with veggies or low carb crackers.

NUTRITION

Calories	168
Fat	16 g
Protein	3 g
Total Carbs	1 g
Net Carbs	1 g
Fiber	0 g
Sugar	0 g



BACON & BRUSSELS SPROUT KEBABS

SERVINGS: 4 SERVINGS

INGREDIENTS

- 4 pieces** thick cut bacon or 8 pieces of thin bacon doubled up
- 14** large fresh Brussels sprouts cut in half

INSTRUCTIONS

Thread the bacon and Brussels sprouts on skewers. Bake at 400 for 35-50 minutes or until the bacon is crisp and the sprouts are tender.

NUTRITION

Amount Per Serving	
Calories	74
Total Fat	4 g
Saturated Fat	1 g
TransFat	0 g
Cholesterol	8 mg
Sodium	152 mg
Total Carbohydrates	6 g
Dietary Fiber	3 g
Sugars	1 g
Protein	5 g

BACON CAESAR SPINACH DIP

This is the ultimate spinach dip recipe! I've eaten spinach dip so very many times in my life but this one beats them all. It is cheesy, creamy, garlicky, and perfect with fresh veggies or crackers.

SERVINGS: 8

INGREDIENTS

- 12 oz** bacon cooked until crisp and crumbled
- 4 oz** cream cheese
- 1/4 cup** mayo
- 1/4 cup** sour cream
- 1 tsp** garlic powder

- 1/2 cup** grated parmesan cheese
- 16 oz** frozen spinach thawed and drained well
- 6 oz** shredded mozzarella

INSTRUCTIONS

- 01.** Preheat oven to 350.
- 02.** Cook bacon until crisp, drain, and crumbled or chop it into small pieces.
- 03.** In a large bowl mix the cream cheese, mayo, garlic powder, and parmesan cheese. Mix in the spinach, half the bacon, and half the mozzarella.
- 04.** Spread in a deep dish pie plate. Sprinkle the remaining mozzarella and bacon on top.
- 05.** Bake at 350 until hot and bubbly. About 15 minutes.



NOTES

Alternatively, you can microwave the dip for about 5 minutes. The only down side to microwaving is the cheese doesn't get golden on top. But on a hot summer day that is a sacrifice I am willing to make.

Also, if you are an artichoke fan feel free to add some for a Bacon Caesar Spinach Artichoke Dip. Now that is a mouthful of goodness. I do like spinach artichoke dip sometimes but I wasn't feeling the artichokes today. I may add some next time.

NUTRITION

Amount Per Serving	
Calories	395
Calories from Fat	315
Total Fat	35 g
Saturated Fat	13 g
Cholesterol	72 mg
Sodium	648 mg
Potassium	338 mg
Total Carbohydrates	4 g
Dietary Fiber	1 g
Sugars	1 g
Protein	15 g

KETO BACON CHEESEBURGER SALAD

This keto and low-carb Bacon Cheeseburger Salad is packed with flavor and will keep you full and energized for hours! This recipe is keto, low-carb, gluten-free, grain-free, refined-sugar-free, and has only 1.2g net carbs per serving!

SERVINGS 8

INGREDIENTS

Salad

- 8 oz** bacon
- 1 lb** ground beef
- 1 tsp** salt
- 9 oz** romaine, roughly chopped
- 119 g (~34 slices)** hamburger pickle slices, roughly chopped
- ¾ cup (84 g)** finely shredded cheddar cheese

Dressing

- ¼ cup (60 g)** mayonnaise
- ¼ cup (60 g)** sour cream
- 28 g (~8 slices)** hamburger pickle slices
- 1 Tbsp** pickle juice
- 2 tsp (8 g)** classic monk fruit sweetener
- 1 tsp (5 g)** yellow mustard
- ⅛ tsp** onion powder



INSTRUCTIONS

- 01.** Preheat oven to 425 degrees and line baking pan with parchment. Lay bacon strips atop parchment in even layer.
- 02.** Bake bacon in oven until crispy, about 15-20 minutes depending on thickness of bacon. (Alternatively, bacon can be cooked on stovetop over medium heat and drained of excess grease on paper towel-lined plate).
- 03.** Meanwhile, in a large pan, brown ground beef on stovetop over medium heat. Once cooked, remove pan from burner, add salt, and mix thoroughly. Do not drain liquid from ground beef.

04. Once bacon has cooked, remove pan from oven and allow bacon to cool slightly. Crumble bacon into large mixing bowl. To bowl, add ground beef, crumbled bacon, romaine, shredded cheddar, and pickles.

05. In a high-speed blender or food processor, blend dressing ingredients until smooth. Pour dressing over salad and mix until well-incorporated. Transfer salad to refrigerator to chill for 1 hour. Serve chilled.

NOTES

Preparing Salad in Advance: If you plan to make this salad ahead of time and serve the following day, I'd suggest waiting to add the dressing until you're ready to serve to ensure the lettuce doesn't wilt.

Storage: Store salad in an airtight container and eat within 2-3 days. If you are meal prepping for the week with this salad, I would suggest keeping the salad and dressing separate until you're ready to serve to ensure the lettuce doesn't wilt.

NUTRITION

Calories Per Serving	263
Total Fat	20 g
Total Carbohydrate	3.1 g
Protein	18.8 g
Dietary Fiber	1.9 g

KETO CHEESE & BACON ROLLS

These Keto Cheese & Bacon Rolls are delicious and won't throw you out of Ketosis! Straight from the oven, or warmed in the toaster, you'll be making these keto bread rolls over and over. The SECRET is the 3 Cheese Ingredients!

SERVINGS: 12 ROLLS

INGREDIENTS

- 5 oz** bacon diced
- 2 Tbsp** Cream Cheese
- 2 Tbsp** sesame seeds
- 1 Tbsp** psyllium husk
- 1 ½ tsp** Baking Powder
- 1 cup** Cheddar Cheese grated
- ½ cup** mozzarella cheese grated
- 3** eggs
- ½ tsp** Pepper
- 1 pinch** Salt

INSTRUCTIONS

- 01.** Preheat oven to 180C/355F.
- 02.** Saute diced bacon in a frying pan over medium heat, until just starting to brown. Turn off the heat.
- 03.** Add the cream cheese to the bacon and allow to soften while the bacon cools for 5 minutes.
- 04.** In your food processor, place the bacon and cream cheese mixture, along with all



remaining ingredients. Keep a spoonful of the bacon aside to top the rolls.

- 05.** Blend on medium speed for 3-5 minutes until all ingredients are well combined.
- 06.** Spoon the mixture into 12 even piles on lined baking dishes. Sprinkle the reserved bacon on each roll.
- 07.** Bake for 13-16 minutes, until the rolls are golden and puffed up.
- 08.** Enjoy them hot from the oven or store in the fridge. They can be quickly reheated in a microwave or toaster oven.

NUTRITION

Serving	1 roll
Calories	149 kcal
Carbohydrates	2 g
Protein	9 g
Fat	12 g
Saturated Fat	7 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	3 mg
Sodium	231 mg
Potassium	23 mg
Fiber	2 g
Sugar	0.1 g



MUSHROOM SIDE DISH WITH BACON

SERVINGS: 4

INGREDIENTS

- 4 strips** bacon chopped
- 6 cloves** Garlic chopped
- 4 cups** mushrooms mixed, sliced
- 1/4 cup** water
- 1/4 cup** Chopped Parsley

INSTRUCTIONS

- 01.** Heat a saucepan on the stove and add the chopped bacon. Cook 5-7 minutes until it's almost cooked through.
- 02.** Add garlic and cook until it is no longer raw, and the bacon has finished cooking, about 2 minutes.
- 03.** Add mushrooms and stir well to coat them with bacony goodness.

04. Pour in 1/4 cup of water and use it to deglaze the pan.

05. Cook the mushrooms uncovered, stirring occasionally until they've cooked through, about 3-4 minutes.

06. Garnish with chopped parsley. I didn't use salt or pepper for this. The bacon provided plenty of salt, and everything else provided a lot of flavor. You could choose to add it.

NOTES

01. It is important that you layer the bacon on top of the mushrooms. Mushrooms need fat in order to cook correctly without drying out, and layering the bacon on top of the mushrooms helps ensure that the mushrooms absorb the fat it needs to cook correctly.

02. Though there seems to be too little ingredients in this dish, I assure you this recipe is full of flavor! The bacon and the mushrooms work together to create a delightfully rich and deep flavor profile.

03. If you really must add something to dish you can add green onions or even white onions, diced big. This is, of course, if your carb count allows for the addition of the onions.

04. You can use this cooking technique for things like asparagus and other veggies that are tough and have substance but not much oil. The fat from the bacon helps keep the veggies from drying out too much while cooking and the flavor absorbed from the bacon fat gives the veggies a delightful richness.

05. I used a mix of cremini, portabella, and shiitake mushrooms when I made the dish, but you're free to use whatever mushrooms you prefer.

06. This dish reheats well but I'm not sure how it would do to be frozen.

NUTRITION

Calories	120 kcal
Fat	9 g
Saturated fat	2 g
Carbohydrates	5 g
Fiber	1 g
Sugar	1 g
Protein	6 g

KETO CHEESE BACON NACHOS

Keto Cheese Bacon Nachos are the easiest, crunchiest and the most popular snack in Low Carb or Keto Lifestyle. Try it once, you will make it always.

SERVINGS: 8

INGREDIENTS

- 50 g** Emmental Cheese
- 50 g** Cheddar Cheese
- 30 g** Bacon

INSTRUCTIONS

- 01.** Preheat oven to 200C or 390F
- 02.** Shred both of the Cheeses
- 03.** Cut bacon into small pieces
- 04.** Prepare a baking sheet with Parchment paper
- 05.** Spread all of the Emmental cheese
- 06.** Sprinkle with tiny pieces of bacon
- 07.** Cover with all of the Cheddar Cheese
- 08.** Shape all of it into one big square for easier cutting later on
- 09.** Place it into the oven for circa 9 minutes
- 10.** Take it out of the oven and let it cool a bit
- 11.** Peel the whole sheet and cut with scissors into stripes.
- 12.** Cut each stripe into triangles as per video shown



- 13.** Place it on a clean parchment paper (to not use the leftover oil) and broils it for 1-2 minutes to get it crunchy
- 14.** Bon Appetit

NUTRITION

Yield	8
Serving Size	4
Amount Per Serving	
Calories	64
Total Fat	5 g
Carbohydrates	0 g
Protein	5 g

BACON, CREAM CHEESE, CHEDDAR CHICKEN

Looking for easy baked chicken recipes? Do you like chicken and cream cheese together? Then, this Bacon, Cream Cheese, and Cheddar Chicken is a great choice! Super easy to make! And, you use simple ingredients. This chicken bake is low carb, high fat, KETO friendly, gluten free recipe.

SERVINGS: 4 SERVINGS

INGREDIENTS

1 Tbsp olive oil

4 chicken breasts (use 4 thin chicken breasts, or use 2 large chicken breasts, sliced in half, horizontally)

salt and pepper

6 oz cream cheese , cold, refrigerated, and sliced into 8 slices

8 strips bacon , cooked, chopped

1 cup Cheddar cheese , shredded

INSTRUCTIONS

01. Preheat the oven to 400 F.

02. Grease the bottom of the casserole dish with olive oil. I used the the oval casserole dish measured 13 inches x 9 inches x 4 inches deep.



03. Add chicken breasts to the casserole dish. Note about chicken: use 4 thin chicken breasts, or use 2 large thick chicken breasts, sliced in half horizontally each to make 4 thin chicken breasts.

04. Sprinkle chicken breasts with salt and pepper.

05. Top with cream cheese. Cream cheese should be cold, right out of the fridge, sliced into 8 thin slices.

06. Top with chopped cooked bacon (drained from fat).

07. Top with shredded Cheddar cheese.

08. Bake, uncovered, for about 20-30 minutes, until the chicken is cooked through. The cooking time will depend on the thickness of your chicken breasts.

NUTRITION

Amount Per Serving	
Calories	602
Calories from Fat	423
Total Fat	47 g
Saturated Fat	21 g
Cholesterol	177 mg
Sodium	734 mg
Potassium	591 mg
Total Carbohydrates	2 g
Sugars	1 g
Protein	39 g



KETO BACON MAC 'N' CHEESE

This is a fabulous meal for those of you following a low-carb diet or anyone just craving some good old-fashioned comfort food.

INGREDIENTS

Coconut oil, for the dish

- 1** large head cauliflower (about 1 & $\frac{2}{3}$ pounds / 750 g), cored and broken into $\frac{1}{2}$ -inch (1.25-cm) pieces
- $\frac{1}{3}$ cup** finely chopped fresh parsley (22 g)
- 6 strips** bacon (about 6 oz/170 g), cooked until crisp, then crumbled (reserve the grease)

2 cups unsweetened non-dairy milk (475 ml)

2 Tbsp unflavored gelatin

1 Tbsp fresh lemon juice

1 tsp onion powder

1 tsp finely ground gray sea salt

$\frac{1}{4}$ tsp garlic powder

$\frac{1}{3}$ cup nutritional yeast (22 g)

2 large eggs, beaten

2 tsp prepared yellow mustard

2 oz pork dust or ground pork rinds (60 g)

INSTRUCTIONS

- 01.** Preheat the oven to 350°F (177°C) and grease a shallow 1½-quart (1.4-L) casserole dish with coconut oil. Set aside.

02. Place the cauliflower, parsley, and bacon in a large bowl and toss to combine.

03. Place the reserved bacon grease, milk, gelatin, lemon juice, onion powder, salt, and garlic powder in a medium-sized saucepan. Bring to a boil over medium heat, whisking occasionally. Once boiling, continue to boil for 5 minutes.

04. Whisk in the nutritional yeast, eggs, and mustard and gently cook for 3 minutes, whisking constantly.

05. Remove the saucepan from the heat and pour the “cheese” sauce over the cauliflower mixture. (If you’ve overcooked the sauce or didn’t whisk it well enough, you may end up with small pieces of cooked egg; for an ultra-smooth sauce, pour the sauce through a fine-mesh strainer.) Toss with a spatula until all the cauliflower pieces are coated in the cheese sauce.

06. Transfer the coated cauliflower to the prepared casserole dish and smooth it out with the back of a spatula. Sprinkle the pork dust evenly over the top. Bake for 40 to 45 minutes, until the cauliflower is fork-tender, checking with a sharp knife on the edge of the casserole.

07. Allow to sit for 15 minutes before serving.

08. STORE IT: Keep in an airtight container in the fridge for up to 3 days.

09. REHEAT IT: Microwave until the desired temperature is reached. Or place in a covered casserole dish and reheat in a preheated 300°F (150°C) oven for 10 to 15 minutes, until warmed through. Or reheat in a frying pan, covered, on medium-low.

10. PREP AHEAD: Prepare the cheese sauce up to 2 days in advance. Bring it to a light simmer before continuing with Step 5.

11. SERVE IT WITH: Add a dollop or two of mayonnaise.

NUTRITION

(per serving)

Calories	440
Calories from fat	244
Total fat	27 g
Saturated fat	8.8 g
Cholesterol	128 mg
Sodium	973 mg
Carbs	14.6 g
Dietary fiber	6.6 g
Net carbs	8 g
Sugars	4.8 g
Protein	34.6 g



CREAMY GARLIC MUSHROOMS WITH BACON

Deliciously Creamy Garlic Mushrooms with Bacon are a fabulous side dish prepared with butter, garlic, bacon, and cream.

SERVINGS: 6 SERVINGS

INGREDIENTS

- 4** slices bacon, chopped
- 3 Tbsp** butter
- 1 Tbsp** olive oil
- 4** garlic cloves, minced

- 1 lb** small button mushrooms, rinsed and patted dry with paper towels
- ½ tsp** chili powder, or to taste
- ½ tsp** sweet paprika, or to taste
- ½ tsp** garlic powder
- salt and fresh ground pepper, to taste
- ¼ cup** low sodium chicken broth
- ½ cup** heavy cream
- chopped fresh parsley, for garnish

INSTRUCTIONS

- 01.** Heat a skillet over medium-high heat and add in the chopped bacon; cook until crispy and remove from skillet. Set aside.
- 02.** Add butter and olive oil to the skillet; once melted, lower heat to medium and stir in the garlic. Continue to cook for 2 minutes, stirring frequently. Do not burn the garlic.
- 03.** Add mushrooms to the skillet and coat them all around with the butter sauce.
- 04.** Season with chili powder, paprika, garlic powder, salt and pepper.
- 05.** Continue to cook over medium-high heat for 5 to 7 minutes, or until tender and nicely browned.
- 06.** Add chicken broth and cook for 10 seconds.
- 07.** Stir in the heavy cream and continue to cook for 3 to 4 minutes, or until sauce starts to thicken.
- 08.** Remove from heat; stir in bacon and garnish with parsley.
- 09.** Serve.

NUTRITION

Amount Per Serving (1 cup)	
Calories	223
Calories from Fat	189
Total Fat	21 g
Saturated Fat	10 g
Cholesterol	51 mg
Sodium	164 mg
Potassium	300 mg
Total Carbohydrates	4 g
Dietary Fiber	0 g
Sugars	1 g
Protein	5 g



LOW CARB CLOUD BREAD CHEDDAR WAFFLES (KETO, GLUTEN FREE)

When you start with a good breakfast, the rest of the day seems to go just as well. These are perfect for busy Back-to-School mornings because they can be made ahead and stored in the fridge for easy heating, grabbing and going! Super Easy, Tasty, Low Carb Cloud Bread Waffles!

SERVINGS: 8

INGREDIENTS

- 6 eggs
- $\frac{1}{2}$ cup sour cream

- $\frac{1}{2}$ cup whey protein powder
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 cup cheddar cheese shredded

Optional toppings: crispy bacon or pancetta egg, chopped fresh chives

INSTRUCTIONS

01. Whisk together or use stand mixer to blend all ingredients together until well combined.
02. My Belgian waffle iron has a scooper it came with and is about $\frac{1}{2}$ cup. Just make sure to cover the waffle iron with batter, use a spoon to fill batter all over if needed.
03. Follow your manufacturer's instructions for cooking waffles.
04. Remove once browned and enjoy!
05. Top with crispy bacon or pancetta, an egg and some fresh chives!
06. This recipe makes 4 large Belgian Waffles. Each waffle has 4 wedges. The serving is for half of the whole waffle or 2 wedges out of 4.

NOTES

You can make these sweet by eliminating the cheddar and adding about $\frac{1}{4}$ cup of your favorite sugar free sweetener.

I used plain whey protein powder.

Make Ahead Storage: Once cooked and cooled completely store in a ziploc gallon bag in the fridge or an airtight container. Reheat in toaster oven for best results.

NUTRITION

Amount Per Serving (0.5 whole waffle)	
Calories	153
Calories from Fat	90
Total Fat	10 g
Saturated Fat	5 g
Cholesterol	145 mg
Sodium	320 mg
Potassium	142 mg
Total Carbohydrates	1 g
Protein	12 g

BACON-WRAPPED JALAPENO POPPERS

We love spicy. We love bacon. We love cheese. So what could be better than jalapenos stuffed with cheese and wrapped in bacon? Nothing. The answer is nothing.

SERVINGS: 4

INGREDIENTS

- 16** fresh jalapeños
- 16** strips bacon
- 4 oz** cream cheese
- 1/4 cup** shredded cheddar cheese
- 1 tsp** salt
- 1 tsp** paprika

INSTRUCTIONS

- 01.** Preheat oven to 350° F
- 02.** Slice the bacon in half (this will give you 16 half length pieces).
- 03.** Slice the ends off each jalapeno. Slice each jalapeno in half length-wise. Remove seeds and membranes with a corer or knife. (Caution: use gloves to protect hands)
- 04.** Mix the cream cheese and cheddar cheese together in a bowl.
- 05.** Fill each jalapeno half with the cheese mix. (You can either place two halves back together or keep them separate. We prefer separate!)
- 06.** Wrap each piece in bacon.
- 07.** Place all bacon-wrapped jalapeno poppers on a baking sheet lined with



aluminum foil. Make sure there is a bit of room between each piece. Bake for 20-25 minutes (until bacon is baked and jalapenos are desired spiciness).

- 08.** Important: Do a taste test with one popper to measure the spiciness. The longer you bake the poppers, the less hot they become.
- 09.** Add salt, paprika and any other spices to taste. Enjoy!

NUTRITION

Calories	225
Fat	18 g
Protein	10 g
Carbs	3 g



KETO CHICKEN SALAD WITH AVOCADO AND BACON

One of my favorite leftover chicken recipes is this keto chicken salad. This healthy chicken salad recipe is loaded with avocado and bacon...you will not miss the mayo in this one!

SERVINGS: 4

INGREDIENTS

- 2** Cooked chicken breasts, chopped
- 2** Avocado, chopped
- 1 Cup** Celery, diced
- 4 slices** Cooked bacon, chopped
- 1 Tbsp** Dried chives
- 1 tsp** Dried dill
- 3 Tbsp** Lemon juice
- 3 Tbsp** Olive oil
- 1 tsp** Kosher salt
- 1/2 tsp** Fresh cracked black pepper

INSTRUCTIONS

Add all of the ingredients to a large bowl and toss well to combine. Serve with lettuce wraps or in a low carb tortilla.

NUTRITION

Calories	329
Fat	26.3 g
Carbs	8.6 g
Fiber	5.6 g
Protein	17.2 g



KETO BACON CHEESE CRISPS

Keto bacon cheese crisps are made in the microwave and ready in just two minutes. They are the perfect keto snack – crunchy, savory, low carb and high fat.

SERVINGS: 1 SERVING

INGREDIENTS

- 1 slice** sharp cheddar
- 1 Tbsp** crumbled bacon, store bought or homemade
- Pinch** red pepper flakes

INSTRUCTIONS

01. Cut the cheddar slice into four squares. Place them on parchment paper.
02. Sprinkle the cheese squares with bacon bits and red pepper flakes.
03. Microwave on high for 1.5 – 2 minutes, until crunchy. Allow to rest for a few seconds before lifting the keto bacon cheese crisps from the parchment onto a plate.

NUTRITION

Amount Per Serving	
Calories	139
Calories from Fat	99
Total Fat	11 g
Saturated Fat	7 g
Sodium	416 mg
Protein	10 g



EASY KETO BACON-WRAPPED MEATLOAF

A keto meatloaf that always comes out of the oven tender, juicy, and wrapped in bacon.

INGREDIENTS

- 2 lb** ground beef, or a mix of ground beef and pork
- ½** small onion, chopped - about ½ cup
- 1** small zucchini, grated - about 1 cup
- 4 oz** button or cremini mushrooms, chopped -- about ½ cup
- 1 tsp** salt

- ½ tsp** pepper
- ½ tsp** garlic powder
- 1 tsp** Italian herb blend
- 2** eggs
- ⅓ cup** almond flour
- 6 strips** bacon
- ¼ cup** keto-friendly ketchup, optional

INSTRUCTIONS

- 01.** Preheat oven to 350°F. Prepare a rimmed sheet pan with non-stick spray. Line a 9x5 pan with plastic wrap (to use as a mold).
- 02.** Prepare the veggies. Chop the onions, grate the zucchini, and chop the mushrooms into small dice. Or use a food processor to process the vegetables into small pieces. Transfer the vegetables into a large mixing bowl.
- 03.** Make the meatloaf mixture: To the same large mixing bowl, add the ground meat, eggs, garlic powder, herbs, salt, pepper, and almond flour. Use clean hands to gently mix the ingredients together until just combined.
- 04.** Shape the loaf: Use your hand to shape the meatloaf mixture into a loaf on your prepared baking sheet. Or, use a 9x5 loaf pan to mold the mixture into a loaf shape, and invert it onto the prepared baking sheet. Or, if you'd like to bake it in a loaf pan, just pat the meatloaf mixture into the pan.
- 05.** Cover the top of the loaf with the bacon slices. Bake for 45 minutes. Baste the meatloaf with ketchup or barbecue sauce

(optional). Bake for about 10 more minutes, or until the internal temperature registers 150°F on an instant-read thermometer. Let the loaf rest for at least 10-15 minutes before serving. Cut into thick slices and serve.

NUTRITION

Yield	8
Serving Size	1 slice
Amount Per Serving	
Calories	274
Total Fat	17 g
Saturated Fat	6 g
Trans Fat	0 g
Unsaturated Fat	3 g
Cholesterol	124 mg
Sodium	194 mg
Carbohydrates	3 g
Fiber	1 g
Sugar	1 g
Protein	28 g



KETO CANDIED BACON

INGREDIENTS

- ½ cup** Swerve Brown divided
- ½ cup** Lakanto Maple-Flavored Syrup
- 12** slices standard bacon (not thick cut)
- black pepper or cayenne pepper to taste optional (for a spicy kick)

INSTRUCTIONS

- Preheat oven to 375 F.
- To a small bowl, add 1/4 cup Swerve Brown and 1/2 cup Lakanto syrup. If desired, add black pepper or cayenne pepper to taste (for a spicy kick). Mix well. Reserve the extra 1/4 cup Swerve Brown.
- Cover a large cookie sheet with aluminum foil. Then, place a baking rack

on top. Coat the baking rack with non-stick cooking spray or a light coating of oil (I used coconut oil). Depending on the size of your cookie sheet, you may need to use two sheets to cook all of the bacon.

- Dip each piece of bacon in your brown sugar/maple syrup mixture and place on top of the rack, making sure none of the pieces overlap.
- Once all of the bacon is coated, place your cookie sheet(s) in the oven and bake for 10 minutes.
- Remove bacon from the oven and sprinkle remaining 1/4 cup Swerve Brown on top of the bacon.
- Continue baking for 12 minutes, or slightly longer depending on how crispy you like your bacon. (Remember it will crisp up more when it cools.)
- Remove bacon from oven and let it cool for 10 minutes before serving.

NUTRITION

Amount Per Serving	
Calories	47
Calories from Fat	27
Total Fat	3 g
Saturated Fat	1 g
Sodium	135 mg
Total Carbohydrates	2 g
Dietary Fiber	1.7 g
Sugars	0 g
Protein	3 g



KETO BACON EGG AND CHEESE BITES

The perfect easy keto breakfast! Try these Keto Bacon Egg and Cheese Bites for an easy grab and go breakfast! Less than one net carb per bite!

INGREDIENTS

- 4** large eggs
- 2 oz** cream cheese, softened
- 1 cup** chopped cooked bacon (5-6 thick slices)

- 1 ¼ cup** cheese (I like to do a combination of cheddar and pepper jack)
- ½ cup** coconut flour
- ½ tsp** baking powder

INSTRUCTIONS

- Preheat oven to 350 degrees
- In a medium size mixing bowl combine all of the ingredients.
- Allow the mixture to sit for 5 minutes for the coconut flour to absorb some of the moisture.
- Spray a regular mini muffin pan or use a silicone muffin pan (my recommendation) and fill each cup about 3/4 full.
- Bake 15-18 minutes until golden brown and cooked through.
- Makes 24 mini muffins

NUTRITION

Serving Size	1 bite
Serves	24
Amount Per Serving	
Calories	75
Total Fat	6 g
Cholesterol	43.1 mg
Sodium	97.4 mg
Total Carbohydrate	1.4 g
Dietary Fiber	0.6 g
Sugars	0.5 g
Protein	3.6 g



KETO BACON FUDGE

Keto Bacon Fudge? Is that even a thing? Well, yes it is. You can make a delicious low carb fudge recipe that combines the flavor of chocolate and bacon for one delicious unexpected treat.

YIELD: 30

SERVING SIZE: 1

INGREDIENTS

- 8 oz** butter softened
- 8 oz** cream cheese softened
- ½ cup** extra dark cocoa powder
- ¾ cup** sugar substitute
- 2 tsp** vanilla
- 8 oz** pecan pieces
- ¼ tsp** sea salt
- ¼ lb** of fully cooked crispy bacon about (6 slices) (reserve one slice to use as topping)

INSTRUCTIONS

- 01.** Using an electric mixer combine the softened butter and cream cheese until smooth.
- 02.** Add the cocoa, sugar substitute and combine well.
- 03.** Next add the pecans and bacon and fold gently. (Remember to reserve one slice of diced bacon to place as topping)
- 04.** Spread the fudge on a parchment or foil lined pan or cookie sheet. I used an 8X11 pan.
- 05.** Place the fudge to set in the refrigerator for an hour.
- 06.** Stores best in freezer.

NUTRITION

Amount Per Serving	
Calories	140
Total Fat	14.4 g
Saturated Fat:	6.1 g
Cholesterol	24 mg
Sodium	68 mg
Carbohydrates	1.9 g
Fiber	1.2 g
Sugar	0.3 g
Protein	1.7 g