

4g ⓘ 10 + 30 m Medium **Keto BLT with oopsie bread**

Just the mere mention of “BLT” and the clouds start to part! With this mouthwatering, keto version, you can dive in and indulge! Go for it!



4 servings

## Ingredients

### Oopsie bread

3 eggs

4¼ oz. cream cheese

1 pinch salt

½ tbsp ground psyllium husk powder  
(optional)

½ tsp baking powder (optional)

### Toppings

8 tbsp mayonnaise

5 oz. bacon

2 oz. lettuce

1 tomato, thinly sliced

## Instructions

### Oopsie bread

- 1 Preheat oven to 300°F (150°C).
- 2 Separate the eggs; put the egg whites in one bowl and the yolks in another.
- 3 Whip egg whites together with salt until very stiff. Preferably using a hand held electric mixer. You should be able to turn the bowl over without the egg whites moving.
- 4 Add cream cheese to the egg yolks and mix well. To make the oopsie more bread-like, add in the optional psyllium seed husk and baking powder.
- 5 Gently fold the egg whites into the egg yolk mixture— try to keep the air in the egg whites.
- 6 Put 8 oopsies on a paper-lined baking tray.

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- ① Fry the bacon in a skillet on medium high heat until crispy.
- ② Place the oopsie bread pieces top-side down.
- ③ Spread 1–2 tablespoon of mayonnaise on each.
- ④ Place lettuce, tomato, some finely chopped fresh basil and fried bacon in layers between the bread halves.
- ⑤ Serve immediately.

### Tip!

Some of the best slicing heirloom tomatoes are Beefsteak, Brandywine, Mortgage Lifter, Cherokee Purple, and Black Krim. Watch for these at your local farmers' market for a BLT upgrade!

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