

**30 RECIPES FEATURING LIFE'S 2 GREATEST INGREDIENTS**

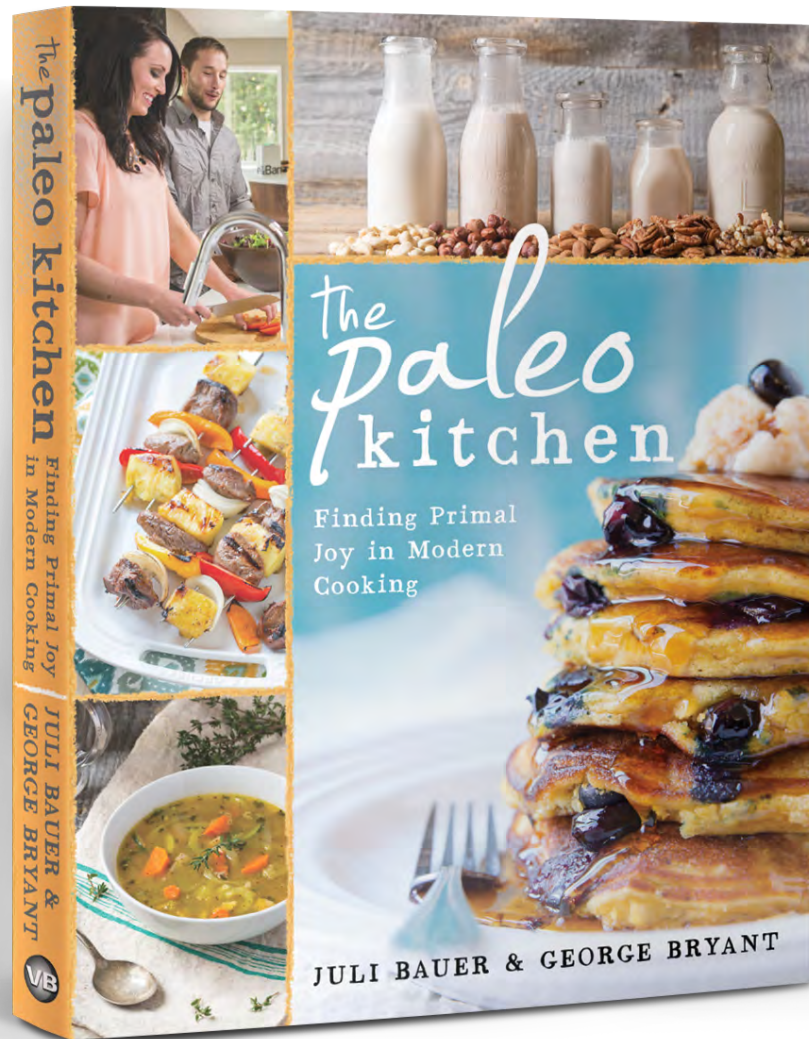
*Hugs &* **BACON**



**BY GEORGE BRYANT**

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# *A hug from* **GEORGE**

If you've spent any time on my website, Civilized Caveman Cooking Creations, you are probably aware that I have two great obsessions in my life: hugs and bacon. What better things to share with the world than unconditional love and good old fashioned bacon? When I decided to create this e-book, I knew right away that my latest sign-off "hugs and bacon" would be the perfect title. After all, my recipes are about creating deliciously simple, real food, with a huge smile on your face and a lot of love and joy in your heart. Oh, and bacon. They're usually also about bacon.

For those of you who don't know my story, a few years ago, cooking, photography, website design, social media, and doing anything else aside from working out and watching TV were all foreign to me. But I actually started doing them all the same day... When I got home from duty in Afghanistan and decided to change my life. I went Paleo.

Converting my eating habits and workouts to a Paleo lifestyle has been a true transformation. Not only did I lose almost 100 pounds, but I am always in a state of happiness with lots of energy. I have never been stronger, faster, or looked better and all I can thank is the whole Paleo movement.

Now, you can follow my journey, receive new recipes every week, enjoy free meal plans, and get a ton of information and support, along with nearly 250,000 other fans, on my newly redesigned website.

It's been so exciting to share my story, inspire others to take control over their health and outlook, and connect with many of you via e-mail and social media every single day. I am truly grateful for each of you and the support you give me in surging forward to create new ideas, make constant improvements, form a passionate and loving community, and leave our mark on the world.

I hope this book gives you a laugh, makes you smile, teaches you something new about cooking with bacon, gets you into the kitchen more frequently, inspires you to hug more people today than you did yesterday, and serves you in even the smallest way.

Sincerely,  
George Bryant

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*Tips & Tricks*

# General Cooking

- To reduce splatter and make perfect bacon that is slightly chewy in the center with crispy edges, poaching is the way to go. Use just enough water to cover the bottom of the pan, cook over med-high heat until water is evaporated then reduce heat to medium and cook until crisp.
- Pan cook bacon at medium to medium-low heat
- Turn slices often to render out most of the fat and reduce shrinkage

# Oven Cooking

- Older bacon cooks and burns more quickly than fresh
- Packaged bacon separates more easily at room temperature
- Pour or baste off fat as bacon cooks – you don't want the bacon covered in the fat
- Prick with a fork prior to cooking to prevent curling
- Thaw frozen bacon COMPLETELY before cooking to prevent/reduce splatter

# Pan Cooking

- Heat oven to 400 degrees
- Single layer bacon strips on a foil-lined baking sheet – close but not overlapping
- Bake for 15-20 minutes
- For crispier bacon, set a metal cooling rack over foil-lined baking sheet and lay bacon on top of the rack. This allows the bacon to cook from all sides.

- For homemade bacon – store sliced, in chunks (for flavoring dishes) or as a slab.
- If storing sliced, shingle slices and wrap tightly in plastic wrap in individual servings.
- Always wrap bacon tightly in plastic wrap or keep in a tightly closed container
- Refrigerate raw or cooked bacon for up to 10 days
- Freeze raw or cooked bacon for 2-3 months
- Unopened vacuumed sealed packages can keep in the refrigerator up to 1 week past expiration date (be sure to check before cooking – it should not be discolored or have a weird smell). Use within 1 week of opening package.
- Discard bacon if left at room temperature for 2 or more hours.

## *Storing Your Bacon*

## *Making Your Own Bacon*

### **TOOLS**

Smoker or grill - set smoker or grill between 80 and 120 degrees  
 Charcoal briquettes  
 Chimney starter

### **INGREDIENTS**

About 8 cups of hardwood sawdust OR 3 Tablespoons of real liquid smoke (depending on your preferred method) in your favorite flavor  
 2 ½ - 3 pound pork belly  
 1 tablespoon raw honey (optional)  
 2 tablespoons kosher salt, plus more as needed  
 1 teaspoon curing salt  
 1 teaspoon freshly ground black pepper  
 (Add other seasonings to make it your own!)



## INSTRUCTIONS

1. Rinse pork belly and thoroughly pat dry. Trim if necessary (It should be one long rectangle).
2. In a small bowl, combine all seasoning except honey. **\*\*NOTE: If you like the pepper on the edge of your bacon, do not add black pepper into your brine\*\*** Massage the seasoning evenly into the pork belly. Place pork belly into a large, re-sealable plastic bag with any remaining seasoning and honey, massage again and refrigerate for 7 days. Every day or two, massage any liquids that may accumulate in the bag into the pork belly and flip the bag.
3. After 7 days the pork belly should be firm to the touch all over; this is a sign it has been cured. If it still feels soft in spots add another two tablespoons of salt, massage and check again in another 1 – 2 days.
4. Once the meat is fully cured, rinse well and pat dry. **\*\*NOTE: Evenly sprinkle pork with black pepper here if you choose\*\***

~Here is where you will add the smoky flavor~

1. Real liquid smoke
2. Preheat the oven to 200 degrees F.
3. Place the belly fat side up on a rack over a roasting pan.
4. Roast for 2 – 2 ½ hours or until the internal temperature of the pork belly is 150 degrees F.
5. Brush the entire pork belly with liquid smoke, coating evenly.

~OR~

### Smoking (Smoker or Grill)

Total smoking time 5-6 hours

1. For a charcoal grill: Open all vents. Place a 4x8 inch foil pan on the charcoal grate and fill the pan with 5 cups of hardwood sawdust. For a gas grill: Disconnect the propane and place the pan in a back corner of your grill grate.
2. Light 5 charcoal briquettes in the chimney starter. Once they are glowing, use tongs to transfer them to the sawdust pan – spaced evenly. Once the sawdust starts to smolder, place the pork belly to the side of the pan, fat side up, a minimum of 1 inch apart and cover. Grill temperature should stay between 80 and 120 degrees.
3. Check the sawdust every 1 ½ hours, stirring with tongs and/or adding more as needed. You want lots of smoke coming out of the vents. Light and add more briquettes if necessary.
4. After 3 hours rotate the pork to ensure even smoking. Total smoking time will be 5 – 6 hours. The pork may turn a brownish-yellow color, this is normal. The meaty side may look dry and the fat may be moist. Pat dry and let the pork sit and cool to room temperature. Refrigerate for a few hours – until pork is firm – before slicing.

*Breakfast*





# Tomato Frittata's

prep time: 10 minutes | cook time: 50 minutes | servings: 4

## INGREDIENTS

4 ripe tomatoes

4 eggs

[4 pieces of bacon cooked and diced](#)

[1 tbsp ghee](#)

salt and pepper to taste

fresh arugula to garnish

## INSTRUCTIONS

1. Preheat the oven to 425 Degrees F
2. Cut the tops of the tomatoes off
3. Using a paring knife, spoon or fork, clean out the entire inside of the tomato. You want to pretty much have a tomato ramekin
4. Evenly spread your diced bacon throughout the tomatoes
5. Scramble your 4 eggs in a bowl or you can just individually crack a whole egg in each one if you would like it poached. If you scrambled them, evenly divide the eggs between the tomatoes
6. Divide the 1 tbsp of ghee evenly on top of the four tomatoes with the egg in it
7. Season tomatoes with salt and pepper to taste
8. Place the tomatoes in a [pyrex baking dish](#) and bake for 40-50 minutes or until your eggs are fully cooked through
9. Place on a plate, garnish with some arugula and enjoy

# Zucchini Breakfast Casserole

prep time: 10 minutes | cook time: 30 minutes | servings: 8

## INGREDIENTS

2 cups cooked meat, diced (ex. leftover chicken)  
1 zucchini, peeled using your julienne peeler  
1 red onion, diced  
4 cloves of garlic, minced  
8 eggs  
2 tbsp basil  
salt and pepper to taste  
[4-6 pieces of nitrate free bacon](#)

## INSTRUCTIONS

1. Preheat your oven to 350 degrees Fahrenheit
2. Sauté your onions and garlic until your onions start to caramelize and then turn off the heat
3. In your mixing bowl, combine eggs, cooked meat, shredded zucchini, basil, and salt and pepper and mix well
4. Once mixed add in your sautéed onions and garlic and mix well
5. Grease your [9x13 inch baking dish](#) using oil of your choice
6. Pour your mixture into your baking dish and place in the preheated oven and cook for 30 minutes or until cooked through and passes the toothpick test.
7. Once you place your casserole in the oven, start your bacon on the stove top and cook to your liking
8. Cut casserole and serve with a slice of amazing bacon on top
9. Enjoy





# Rosemary Fried Lemons

prep time: 5 minutes | cook time: 5 minutes | servings: 4

## INGREDIENTS

### Fried Lemons

[1 cup coconut oil](#) (or any lard of your choice besides bacon fat)

1 whole lemon

1 egg

[¼ cup almond flour](#)

1 tbsp dried rosemary

½ tsp black pepper

½ tsp sea salt

### Breakfast

3 eggs

[3 slices of bacon](#)

## INSTRUCTIONS

### Fried Lemons

1. In a small [saute pan](#) or [sauce pan](#), heat your oil over medium heat. You want a small pan so it has depth and can fry the lemons
2. In a [small bowl](#), scramble your one egg and set aside
3. In another [small bowl](#), mix together your almond flour, rosemary, pepper, and salt and mix well
4. Using a [sharp knife](#), slice your lemon in thin rounds, approximately 1/8th of an inch thick
5. Dunk your lemon in your egg wash and then coat both sides with your almond flour mixture and set aside
6. Your oil should be heated now, you can check by dunking the handle of a wooden spoon in the oil, if it bubbles then it is ready
7. Place your lemons in the oil and cook for approximately 60 seconds and then flip for 30-60 seconds and remove them from the oil (If you don't watch them they could burn so keep an eye out)
8. Let all your lemon slices cool on a paper towel after frying and serve immediately or at room temperature

### Breakfast

1. I cooked my bacon on an aluminum foil lined [cookie sheet](#) in the oven at 375 degrees Fahrenheit for 10 minutes, flipped the bacon and continued to cook until crispy which took 15 more minutes
2. I then cooked 3 sunny side up eggs sprinkled with rosemary and pepper in a sauté pan over medium heat and served them with the lemons

*Main Course*





# Stuffed Sweet Potatoes

prep time: 15 minutes | cook time: 45 minutes | servings: 6-8

## INGREDIENTS

- 4 sweet potatoes
- ½ red onion, diced
- 1 bell pepper, diced
- ½ red apple, diced
- [½ cup dried cranberries](#)
- 4 slices bacon, cooked and diced
- 3 cups packed spinach
- salt and pepper to taste
- [4 tbsp melted coconut oil, divided](#)

## INSTRUCTIONS

1. Preheat oven to 400 Degrees Fahrenheit (205 Celsius)
2. Wash and scrub your sweet potatoes, prick them with a fork and place on an aluminum foil lined [baking sheet](#)
3. Coat your sweet potatoes with 2 tablespoons melted coconut oil
4. Place in the oven and bake until soft all the way through, about 45 minutes to 1 hour
5. While your sweet potatoes are baking, preheat a [cast iron skillet](#) or saute pan over medium heat
6. Heat 2 tablespoons of coconut oil and add your onions, stirring often
7. Cook onions for 5-7 minutes or until translucent
8. Add the bell pepper, apples and cranberries, cook for 3-5 minutes, stirring occasionally
9. Add bacon and spinach, stir often for 2-3 minutes until all spinach has cooked down
10. Season with salt and pepper to taste and remove from heat
11. To serve, slice each sweet potato lengthwise and push on the ends to open up the middle
12. Spoon the stuffing into each sweet potato and serve

# Sirloin Salad with Balsamic Vinaigrette

prep time: 15 minutes | cook time: 5 minutes | servings: 2-4

## INGREDIENTS

### Salad

- 6 cups spinach
- [½ cup bacon, cooked and crumbled](#)
- ½ cup goat cheese, crumbled (optional)
- [½ cup slivered almonds](#)
- [½ cup dried cranberries](#)
- ½ cup cherry tomatoes, diced
- ½ cup red onion, thinly sliced
- [½ pound grass-fed sirloin, cooked to your liking and sliced](#)

### Dressing

- [¼ cup balsamic vinegar](#)
- 2 garlic cloves, peeled
- salt and pepper to taste
- ¾ cup extra virgin olive oil

## INSTRUCTIONS

### Salad

1. Place all of your spinach in the bottom of a [large salad bowl](#)
2. Place your bacon in 1/6th of the bowl, then your goat cheese in 1/6th, then your almonds, cranberries, tomatoes and red onion
3. Add your grass-fed sirloin or any meat of your choice to the middle of your salad
4. Enjoy with the dressing of your choice or the one below

### Dressing

1. Combine your balsamic vinegar, garlic, and salt and pepper in a [food processor](#) and continually run until everything is well combined
2. Turn your processor on and let it run and slowly drizzle in your olive oil as your dressing emulsifies
3. Once combined, serve on the side or your salad or drizzle your







# Bacon Wrapped Grilled Pork Chops with Citrus Drizzle

prep time: 10 minutes | cook time: 20 minutes | servings: 3

## INGREDIENTS

[3 pork chops](#)

[6 slices bacon](#)

juice of 1 lime

1 garlic clove minced

1/3 cup extra virgin olive oil

1/4 tsp red pepper flakes

salt and pepper

## INSTRUCTIONS

1. Preheat your grill on medium high for at least 10 minutes
2. While your grill is preheating, pat dry your pork chops with a paper towel and wrap each one with two slices of bacon overlapping them and securing them with toothpicks
3. Season both sides of the chops with generous amounts of salt and pepper
4. Go place your chops on the grill with the lid down and cook for about 8-10 minutes per side only flipping once or until the internal temperature reaches 155-160 degrees
5. While your chops are grilling, mix your lime juice, garlic, evoo, and red pepper flakes in a mixing bowl and whisk well
6. Add salt and pepper to your taste liking
7. Once your pork chops are done, serve them over a bed of steamed broccoli and drizzle with your Citrus Vinaigrette
8. Enjoy

# Chocolate Espresso Pork Belly

prep time: 10 minutes | cook time: 3 hours | servings: 5

## INGREDIENTS

- [3 pound pork belly, skin removed](#)
- 2 tbsp [Choffy](#) (see notes)
- 2 tbsp espresso or ground coffee
- 2 tsp sea salt
- 1 tsp black pepper

## INSTRUCTIONS

### Smoker

1. Before you prepare your pork belly, preheat your [smoker](#) to smoke at 225 degrees Fahrenheit (107 Celsius)
2. While your smoker is warming up, wash your pork belly with cold water and pat dry
3. Score the fat side of the pork belly in a checkerboard pattern without cutting into the meat
4. Mix your choffy (or cocoa powder), coffee, sea salt, and black pepper together and liberally season your pork belly over the checkerboard. Ensure you get seasoning into the grooves
5. If you have a leave in [meat thermometer](#), now is the time to insert it
6. Place your pork belly on your smoker and go take a nap
7. Let your pork belly smoke for 4-5 hours
8. You can pull your pork belly off when it reaches an internal temperature of 150 Degrees Fahrenheit (66 Celsius) or you can leave it up til 170 degrees Fahrenheit (77 Celsius)
9. Once it is done, remove it from the smoker and slice to the size you prefer
10. I like to serve my roasted pork belly with roasted root vegetables like my [carrots](#) or [sweet potatoes](#) to contrast the saltiness and cut the richness

### Oven

1. Before you prepare your pork belly, preheat your oven to 425 degrees Fahrenheit (218 Celsius)
2. While your oven is preheating, wash your pork belly with cold water and pat dry
3. Score the fat side of the pork belly in a checkerboard pattern without cutting into the meat



4. Mix your choffy (or cocoa powder), coffee, sea salt, and black pepper together and liberally season your pork belly over the checkerboard. Ensure you get seasoning into the grooves
5. If you have a leave in [meat thermometer](#), now is the time to insert it
6. Place your pork belly on an [elevated rack](#) over a [cookie sheet](#) or pan and place it in your preheated oven
7. Roast for 30 minutes and then reduce the temp to 350 degrees and roast for 2 1/2 - 3 hours or until the internal temperature reaches anywhere between 150-170 Degrees Fahrenheit (66-77 Celsius) which is your preference. It is almost impossible to overcook pork belly
8. Once it is done, remove it from the oven and slice to the size you prefer
9. I like to serve my roasted pork belly with roasted root vegetables like my [carrots](#) or [sweet potatoes](#) to contrast the saltiness and cut the richness

## NOTES

You can use your own ground and roasted cacao or cocoa powder if you want to get some more chocolate on it



# Bacon Wrapped Rabbit Loin with Bacon Strawberry Dressing

prep time: 15 minutes | cook time: 15 minutes | servings: 2

## INGREDIENTS

### Rabbit

[3 rabbit loins, cleaned](#)

[1 lb bacon](#)

1 lemon

fresh sage

fresh thyme

salt and pepper

### Dressing

1/2 cup strawberries

juice of 1/2 lemon

2 tbsp pastured bacon fat, melted and strained

1 tsp Dijon mustard

splash of apple cider vinegar

salt and pepper to taste

## INSTRUCTIONS

1. Preheat the oven to 350°F
2. Cut bacon in half, or to the length needed to wrap the loin
3. Lay bacon slices out slightly overlapping on [cutting board](#)
4. Place a rabbit loin in each one and season with salt, pepper, thyme, and sage to taste. Roll them up tightly, setting them so the bacon meets on the bottom
5. Sear the seam first, then all around in a [sauté pan](#) over medium-high heat until bacon is mostly cooked
6. Add some bacon fat to the pan as needed
7. Once all is seared, place the entire pan in the oven and cook for 5-6 minutes, turning occasionally
8. Remove from the oven and let rest for 10 minutes. The loin should be medium-rare or pinkish.
9. While the rabbit is resting, take all the ingredients for dressing and throw them in [food processor](#). Turn it on and let the magic happen until well-blended.
10. If you want more bacon flavor in your rabbit loin, add more bacon fat
11. Slice rabbit loin and plate on a bed of mixed greens, and drizzle with the

# Bacon Crock Pot Roast

prep time: 10 minutes | cook time: 7-10 hours | servings: 5

## INGREDIENTS

[3lb chuck roast](#)

1 white onion, sliced

[3-4 slices of bacon cut into 1 inch pieces](#)

6 garlic cloves halved

2 tsp sea salt

1/4 cup extra virgin olive oil

1 tbsp smoked paprika

1/4 cup chopped parsley

1 tsp oregano

1 tsp thyme

1 tsp garlic powder

1 tbsp red wine vinegar

## INSTRUCTIONS

1. Using a thin knife create about 12 holes deep into the meat about 1/2 inch wide, you need to be able to fit some garlic and bacon in the hole
2. Place bacon and garlic in each hole and set aside
3. In a small [mixing bowl](#), mix your sea salt, paprika, parsley, oregano, thyme, garlic powder, extra virgin olive oil, and red wine vinegar and mix well
4. Rub your spice mixture all over both sides of your roast
5. Line the bottom of your [crock pot](#) with your sliced onions and whatever left over pieces of bacon you have
6. Place your roast on top and cook on Low for 7-10 hours. Remember chuck roasts are tougher cuts of meat so the longer it cooks the better
7. Enjoy





# Bacon Beef Butternut Squash

prep time: 15 minutes | cook time: 50 minutes | servings: 2-4

## INGREDIENTS

1 butternut squash, approximately 2 lbs, cut in half

[1 lb ground beef](#)

[6 slices of bacon](#)

3 small onions, sliced, 1 reserved

1 stalk celery, diced

salt

[pepper](#)

[3 tbsp cinnamon](#)

balsamic vinegar, approximately 2 tbsp

## INSTRUCTIONS

1. Preheat oven to 350°F
2. Cut squash in half and scrape out the seeds. Place face-down in a [Pyrex](#) dish with 1/2 inch of hot water and cook for 30 minutes
3. Meanwhile, cook the bacon in a pan until crispy. Set aside and leave the bacon fat in the pan
4. Add 2 sliced onions, diced celery and ground beef to the pan. Season with salt, pepper, and cinnamon to taste
5. Continue stirring until the beef is fully cooked. Remove from heat and place in a bowl
6. Remove the squash from the oven and allow to cool
7. Scrape out some of the guts, leaving approximately 1/4 inch of squash
8. Add the squash guts to bowl with meat
9. Crumble the bacon and add to the meat mixture
10. Mix well and stuff the squash halves with the beef mixture. Place back in the oven for 20 minutes
11. While the squash halves are baking, add the reserved onion to the sauté pan and cook them over low heat with balsamic vinegar to caramelize them
12. Remove squash from the oven, top with caramelized onions and enjoy

# Bacon Beef Ravioli

Prep time: 15 mins | Cook time: 25 mins | Servings: 2

## INGREDIENTS

[1 package Cappello's fresh lasagna sheets](#) (12oz)  
[3 cups \(24oz\) organic pasta sauce](#)  
1/2 onion, blended  
2 cloves garlic, minced  
1 tablespoon fresh parsley  
1/2 teaspoon each salt and pepper  
1 teaspoon olive oil  
[1 pound grass-fed ground beef](#)  
[1/2 cup coconut milk](#) (thick part from top of can)  
1/2 teaspoon ground nutmeg  
[2 tablespoons grass-fed butter](#)  
[6 slices bacon](#)

## INSTRUCTIONS

1. You are going to follow the instructions for this recipe over at [The Domestic Man](#) which is where I got it from with a few modifications.
2. You need to cook your bacon until it is crispy. I do this in a 375 degree oven on a aluminum foil lined [baking sheet](#). Bake for 15 minutes, flip the bacon and then remove once it is crispy
3. Once your bacon cools, dice it up into fresh bacon bits and set aside
4. When you are cooking your beef, add the coconut milk instead of heavy cream
5. When you get to the step in the recipe to stuff the ravioli, add your bacon to the beef mixture to go in your ravioli and then add the remaining bacon to your sauce with the extra beef
6. Enjoy the rest of the recipe as is



# Fire Roasted Bacon Meatloaf

Prep time: 15 mins | Cook time: 60 mins | Servings: 4

## INGREDIENTS

[1 lb grass-fed ground beef](#)  
[1 lb bacon, minced](#)  
[14 ounce can of fire-roasted tomatoes](#)  
1 red onion, minced  
1 bell pepper, minced  
3 cloves garlic, minced  
[2 eggs](#)  
[1 cup almond flour](#)  
2 tbsp oregano  
1/2 tbsp sea salt  
Pepper to taste

## INSTRUCTIONS

1. Preheat oven to 400 Degrees Fahrenheit
2. If you have a [meat grinder](#), use it to grind your bacon and beef together, if not mince your bacon as fine as possible and combine in a [mixing bowl](#) with your beef
3. Add all remaining ingredients to the bowl, and using your hands mix well to ensure an even distribution of ingredients
4. You can now form it into a loaf and put it in a [pyrex dish](#), put it in a loaf pan, or form into meatballs and put in the pan
5. Bake for an hour or until the meat is cooked through, internal temperature needs to be at least 165 Degrees F because of the bacon
6. Remove from oven and let sit for 10-15 minutes before slicing and serving
7. Serve drizzled with some [Beasty BBQ Sauce](#)
8. Enjoy



# Sweet Caveman Pie

Prep time: 20 mins | Cook time: 45 mins | Servings: 8

## INGREDIENTS

4 large sweet potatoes, peeled and cubed  
[1 lb ground bison](#)  
[1/2 lb bacon, cut into lardons](#)  
1 onion, diced  
3 carrots, shredded  
1/2 cup dried cranberries  
[3 tbspc balsamic vinegar](#)  
[3 tbspc raw organic honey](#)  
[2 tbspc cinnamon](#)  
1 tsp nutmeg  
[2 tbspc grass fed butter](#)  
1/4 cup coconut milk  
1/2 cup crushed pecans

## INSTRUCTIONS

1. Place your peeled and cubed sweet potatoes in a pan, cover with water, and start boiling until potatoes are soft
2. While your potatoes are boiling, heat another large, deep sauté pan or [dutch oven](#) over medium high heat
3. Add your bacon and cook for about 6-8 minutes stirring occasionally
4. Add in your ground bison and cook for another 5 minutes or until your bison is almost cooked through
5. Now add in your onions and carrots and let cook stirring occasionally until your carrots start to soften
6. Now add in your cranberries, balsamic, honey, and cinnamon and mix well and remove from the heat
7. Preheat your oven to 350 degrees Fahrenheit
8. Strain your sweet potatoes and add to a bowl to start mashing
9. Add in your butter, coconut milk, and nutmeg and mash and mix well
10. Grease a [9x13 Inch baking dish](#) and line the entire bottom with your bacon and bison mixture
11. Scoop your sweet potatoes over the top and spread evenly with a spatula
12. Place in the oven and bake for 20 minutes
13. Remove from the oven, top with your crushed pecans and bake for an additional 10-15 minutes
14. Let cool and enjoy







# Bacon Wrapped Beef Franks

Prep time: 10 mins | Cook time: 15 mins | Servings: 3

## INGREDIENTS

- [6 grass-fed beef franks](#)
- [6 pieces of pastured bacon](#)
- 1 red onion, chopped
- 2 jalapeños, seeds removed chopped
- 4 roma tomatoes, chopped
- Juice of 1 lime
- Handful of cilantro
- Salt and pepper to taste
- 6 bamboo skewers, pre-soaked in water (optional)

## INSTRUCTIONS

1. Preheat grill to medium
2. While grill is warming up, take your bamboo skewers and place your beef franks on the skewers
3. Once stabbed, wrap once slice of bacon around each beef frank and now you are ready to grill
4. Place your bacon wrapped beef franks on the grill and be sure to be close, bacon is loaded with grease and can cause some serious flare ups if left unattended and you don't want to char your food
5. Ensure you turn your franks a few times to evenly cook the bacon
6. While your beef franks are grilling, take all the remaining ingredients and place them all in a [food processor](#) and let it go to town until completely blended like a relish. You can adjust the taste with all the salt and pepper you like
7. Pull your beef franks off when the bacon is cooked to your liking and plate, top with some of your Spicy "relish" or just serve on the side. You can also have Fresh Cucumber Salsa as a side

# Triple Protein Burger

Prep time: 10 mins | Cook time: 15 mins | Servings: 4

## INGREDIENTS

[1 lb grass fed ground beef](#)

1/2 white onion, minced

3 garlic cloves, minced

salt and pepper to taste

[4 eggs](#)

[4 pieces of nitrate free bacon](#)

1 head of lettuce

1/2 cup yellow mustard

1 tomato, sliced

## INSTRUCTIONS

1. Place your ground beef, onion, garlic, and salt and pepper in a mixing bowl and hand mix well
2. Using your hands form your meat into 4 patties, no more than 1/2 inch thick
3. Place your 4 slices of bacon in a cold saute pan and place on low-medium heat turning often
4. It should take your bacon about 12 minutes to cook
5. Once cooked, transfer to a plate lined with paper towels to absorb all the extra fat
6. Now that your bacon is cooling, rub both the tops and bottoms of your burgers with mustard to cover all sides and place in the pan on the stove with the bacon grease and cook over medium-high heat
7. Cook for 4 minutes on the first side, then flip and cover and cook for another 3-4 minutes or until done to your liking
8. While your burgers are cooking, rinse your lettuce and remove the outer layers keeping them intact to use as shells for your burgers
9. In a separate saute pan, cook your eggs all over easy or to your liking
10. Once your burgers are done cooking, place one in each lettuce leaf, place your bacon on top of each burger, then add a fried egg, and sliced tomatoes
11. Wrap that lettuce all around that burger and dig in
12. Enjoy





# 50/50 Burgers with Sweet Potato Mash

Prep time: 15 mins | Cook time: 30 mins | Servings: 4

## INGREDIENTS

### Burgers

[1 lb ground beef \(if you can't get grass fed get LEAN meat, bacon has all the fat you need\)](#)

[1 lb raw bacon](#)

[1 egg](#)

2 tsp black pepper

1 tsp garlic powder

### Sweet Potato Mash

4 sweet potatoes, peeled and cubed

1 cup toasted pecans, crushed

[1/4 cup coconut milk](#)

[2 tbsp grassfed butter \(optional\)](#)

2 tbsp cinnamon

Ddash of cloves

## INSTRUCTIONS

### Burgers

1. If you do not have a [meat grinder](#), hand slice your bacon into the smallest lardons that you can to help incorporate it into the meat
2. If you have a meat grinder, have your bacon thawed out but chilled in the freezer for 20-30 mins prior to grinding to help it grind easier
3. Put your ground beef in a mixing bowl and grind your bacon into the bowl or hand mix it in if you had to slice it
4. Using your hands mix the beef and bacon together until everything is evenly incorporated
5. Now add all of your remaining burger ingredients and mix well with your hands and then form into four 1/2 lb patties. They will shrink so this is perfect size
6. Once formed, let them sit at room temperature for 20-30 minutes which is a perfect time to knock out your sweet potatoes
7. Once ready, preheat your grill and go to town. Cook the burgers to an internal temp of 165 degrees which at 400-450 should take 20-25 minutes

## INSTRUCTIONS

### Sweet Potato Mash

1. Boil your sweet potatoes in a pot of water until fork tender
2. Drain from water and add them to a mixing bowl or stand mixer
3. Add your grassfed butter and bury it in the potatoes to let it start melting and then all the rest of your remaining ingredients
4. Mix well with a [hand mixer](#) or hand mash them or go to town with your [stand mixer](#) and let it do all the work
5. Once everything is mixed, serve

## NOTES

\*\*\*VERY IMPORTANT, YOU MUST COOK THESE BURGERS TO AN INTERNAL TEMPERATURE OF 165 DEGREES FARENHEIT BECAUSE OF THE BACON. Trust me if you eat your stuff rare or whatever it will not bother you with these, don't get sick\*\*\*  
\*\*\*You need to stay close to your grill, with all the bacon fat dripping it can easily cause some large flareups and that will burn your burgers and have them raw in the middle. These will take 20-25 minutes to cook and you need to be close the whole time\*\*\*

# Monster Meatza

Prep time: 30 mins | Cook time: 40 mins | Servings: 8

## INGREDIENTS

### Crust

[1 lb grass-fed ground beef](#)

[1/4 cup almond flour](#)

1/4 onion, minced

[1 egg](#)

3 tbsp tomato paste

1 tbsp italian seasoning

1 tsp garlic

1 tsp chili powder

### Toppings

[1 lb grass-fed top sirloin, sliced into strips](#)

[6 slices bacon](#)

3/4 onion, sliced

1 bell pepper, sliced (color of your choice)

el pato salsa de chile fresco (or 12 ounces of any sauce of your choice)

salt and pepper to taste

## INSTRUCTIONS

1. Place your bacon on an aluminum foil lined baking sheet
2. Place in oven and bake at 350 degrees Fahrenheit for about 20 minutes or until done to your liking
3. While your bacon is cooking, combine all of your crust ingredients in a bowl and mix well with your hands
4. Remove your bacon from the oven, drain the liquid fat and set aside
5. Place a fresh sheet of aluminum foil on your baking sheet and spread out your meat crust in a nice even thin layer.
6. Bake in the oven for 25 minutes and every 5 minutes open the oven and push your meat back together if it starts to separate as it shrinks
7. While your crust is baking, slightly sauté your onions and peppers for the toppings in that reserved bacon fat over medium heat. I cooked mine just until soft
8. Next sauté your sirloin strips in bacon fat until just seared on the outside and then set aside
9. Remove your crust from the oven when done and drain the excess fat. Spread your sauce over the entire meat crust, then layer on your bacon, next add your sirloin strips, then your onions and peppers and season with salt and pepper to taste
10. Set your oven to broil on High and broil about 8 inches from the heat for 10 minutes.





# B.O.A.R.S. Stuffed Chicken Breasts

Prep time: 15 mins | Cook time: 25 mins | Servings: 3

## INGREDIENTS

[3 boneless, skinless chicken breasts](#)

[4 slices of bacon sliced into lardons, just long strips](#)

1 large red apple, diced with the skin on

1 red onion diced

1 large handful of baby spinach

1/2 cup lemon juice

2 sprigs of fresh rosemary, diced

salt

pepper

## INSTRUCTIONS

1. In a saute pan, cook your bacon on a medium heat until it is almost crispy
2. Once your bacon has reached that point, add in your red onion and continue to cook until you onions become soft
3. At that point, add in your apples, rosemary, and spinach, and lemon juice and continue to cook until your spinach wilts.
4. Once wilted remove from the heat and set to the side
5. With another saute pan or [cast iron skillet](#) that is oven safe, place on your burner and preheat on a medium high heat
6. Butterfly open your chicken breasts, pound them down to about 1/4 inch thickness, sprinkle salt and pepper on the inside of your breasts and spread your B.O.A.R.S. reduction to the inside of your chicken breasts
7. Roll your chicken breasts into a tight roll lengthwise and secure with kitchen twine every inch or so to ensure it stays closed while you cook
8. Your pan should be nice and hot now, bring your chicken to the pan and place all 3 of them in the pan
9. Preheat your oven to 350 Degrees F
10. The point is to sear every single side of the chicken breasts for about 2 minutes, this whole searing process should take about 8-10 minutes
11. Once the last side of your chicken breasts get placed on the bottom of the pan to sear, remove the pan from the heat and place it in the oven to finish the cooking process
12. Keep in the oven until the chicken is cooked all the way through, mine took about 15 minutes more
13. Remove from the oven, garnish with the remaining stuffing and serve

# Bacon Wrapped Tahini & Sun Dried Tomato Stuffed Chicken Breasts

Prep time: 5 mins | Cook time: 35 mins | Servings: 2

## INGREDIENTS

[2 boneless skinless chicken breasts](#)  
[4 slices nitrate free bacon](#)  
[sun dried tomatoes, not marinated in oil](#)  
[tahini](#)  
salt and pepper to taste

## INSTRUCTIONS

1. Preheat your oven to 375 Degrees F
2. Rinse your chicken breasts under cold water and pat dry with paper towels
3. Carefully butterfly open your chicken breasts ensuring not to slice all the way through
4. Season the inside of the breasts with salt and pepper
5. With as much tahini as you like, spread it all over the inside of the fileted breasts
6. Next take as many sun-dried tomatoes as you like and sprinkle them all over the inside
7. Fold the chicken breasts closed back onto itself and wrap two slices of bacon around each chicken breast
8. Secure the bacon to itself and the chicken with a toothpick
9. Place the chicken in a [pyrex baking dish](#) and bake for 30 Minutes or until your chicken is almost done
10. Remove your chicken, set your oven to broil on high and then place your chicken on the top shelf of your oven for 5-10 minutes to get your bacon nice and brown
11. Serve with veggies of your choice and enjoy





*Soups & Sides*

# Bacon Butternut Squash Soup

Prep time: 15 mins | Cook time: 1 hour | Servings: 6

## INGREDIENTS

- 1 large butternut squash, peeled and cut into large chunks
- 3 whole carrots, peeled and cut into large chunks
- [1 1/2 tablespoons coconut oil, melted](#)
- [1/2 pounds raw bacon, chopped](#)
- 1 small onion, chopped
- 1 small apple, chopped
- [2 cups chicken stock](#)
- [1 cup full fat coconut milk](#)
- 1 teaspoon salt
- 1-2 tablespoons cinnamon (start with 1 and add to taste)
- 1 tablespoon nutmeg

## INSTRUCTIONS

1. Preheat your oven to 350 Degrees Fahrenheit
2. Toss squash and carrots with [coconut oil](#)
3. Arrange in a [baking dish](#) and roast uncovered for 35 minutes or until tender
4. In a large [stock pot](#) or [dutch oven](#) over medium heat, cook bacon until crisp Remove bacon with a slotted spoon and set aside for the soup garnish
5. Add the onion and apple to the [dutch oven](#) or [stock pot](#) and sauté in bacon fat over medium heat until tender, about 5 minutes
6. Add the roasted butternut squash, carrots, chicken broth, and coconut milk to [dutch oven](#) or [stock pot](#) and bring to a boil stirring often
7. Remove from heat
8. Use an [immersion blender](#) to blend your soup or working in several small batches, blend soup in [food processor](#) or [blender](#) until smooth
9. Return to [dutch oven](#) or [stock pot](#), bring to a simmer and season with salt, cinnamon, and nutmeg
10. Serve soup in large bowls garnished with bacon or you can freeze and save for later. I have frozen mine up to 2 months

## NOTES

\*\*The seasonings are highly dependent on the size of your squash. My squash was huge, at least 2-3 pounds. Add your seasonings in batches and taste test along the way so you don't overpower the soup.







# Spicy Pineapple Chili

Prep time: 15 mins | Cook time: 1 hour | Servings: 8

## INGREDIENTS

- [1 pound bacon, cut into thin strips](#)
- 2 medium onions, diced
- 2 bell peppers, diced
- 2 jalapeños, diced (seeds optional)
- 4 cloves fresh garlic, minced
- [2 pounds, grass fed ground beef](#)
- [1/4 cup chili powder](#)
- 2 teaspoons ground cumin
- red pepper flakes (optional)
- sea salt to taste
- black pepper to taste
- 1 (20-ounce) can of diced pineapple
- 1 (15-ounce) can of tomato sauce
- 1 (14-ounce) can of fire roasted diced tomatoes

## INSTRUCTIONS

1. Preheat a large [Stock Pot](#) or [Dutch Oven](#) over medium heat (You can do this in the [Crock Pot](#) as well, see notes below)
2. Brown your thin strips of bacon in your pan
3. Add in your onions, peppers, jalapeños, and garlic and continue to cook, stirring often for 5 minutes or until your onions become translucent
4. Now add in your [Grass fed Ground Beef](#), chili powder, and cumin and stir until your ground beef is cooked through
5. Add in all your remaining ingredients, stir well, and increase heat until your chili comes to a boil
6. Once boiling, reduce the heat to low, cover, and simmer for 45 Minutes

## NOTES

For the crockpot: 1. Brown your bacon in a saute pan and then place in your crockpot 2. Saute your ground beef in the bacon fat until cooked through and then add to your crockpot with all the remaining ingredients 3. Cook on low for 4-6 hours and Enjoy

# Triple B Chili

Prep time: 10 mins | Cook time: 45 mins | Servings: 4

## INGREDIENTS

- 1 1/2 lb butternut squash, peeled, seeded, and cubed
- [6 slices of bacon](#)
- [1 lb ground bison \(or beef\)](#)
- 1 medium red onion, diced
- 3 jalapeños, diced
- 2 cloves garlic, chopped
- [14 ounces organic tomatoes, diced](#)
- [1/2 cup apple cider vinegar](#)
- 1 tsp sea salt
- [1 tsp oregano](#)
- [1/2 tsp cumin](#)
- [1/2 tsp cayenne](#)
- [2 tbspc coconut oil, melted](#)

## INSTRUCTIONS

1. Preheat your oven to 400 degrees fahrenheit
2. Mix the butternut squash and coconut oil together in a small [roasting pan](#) and roast in the oven for 30 minutes or until tender
3. Cook bacon in a large skillet over medium heat and cook until crispy, set aside to cool
4. Add the bison to the bacon grease in the pan and cook through
5. Stir in the onion, garlic, and jalapeños and cook until the onions are translucent
6. Add the salt, oregano, cumin, and cayenne and then cook while stirring for a minute
7. Crumble your bacon and add it as well as your tomatoes with the juice and apple cider vinegar
8. Bring to a simmer and let simmer until thickened, about 30 minutes
9. Once done, place your chili in a bowl and top with your roasted butternut squash
10. Sprinkle with some cinnamon or cocoa powder if desired
11. Enjoy





# Smoky Bacon Chili

Prep time: 10 mins | Cook time: 20 mins | Servings: 4-5

## INGREDIENTS

- 2-3 sweet potatoes (optional)
- 6 slices of bacon, cubed
- 1 garlic clove, minced
- 1 yellow onion, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 1lb ground beef
- 1 tablespoon garlic powder
- 1 tablespoon chili powder
- 2 tablespoons smoked paprika
- 2 teaspoons cumin
- 1 teaspoon cayenne pepper
- 1 (14) ounce can of fire roasted tomatoes
- 1 (8) ounce can of tomato sauce
- salt and pepper, to taste

## INSTRUCTIONS

1. Preheat oven to 400 degrees. Poke holes in your sweet potatoes with a fork. Place on rack in oven and cook for about 30 minutes or until potato is soft and cooked through.
2. Now pull out a large pot, add the cubed bacon and let cook down.
3. While the bacon is cooking, chop all the veggies.
4. When the bacon has browned and is a bit crisp, add garlic clove and veggies.
5. Let cook for about 6 or so minutes, then add your ground beef and all the spices.
6. Once the beef is browned, add your tomato sauce and fire roasted tomatoes.
7. Mix well and let all the flavors meld together while cooking on low for the next 8 minutes or so, stirring occasionally.
8. Then split open your sweet potato, pour your chili over it, and eat. Delicious

# Bacon Deviled Eggs

prep time: 10 mins | cook time: 15 mins | servings: 5

## INGREDIENTS

[6 eggs](#)  
1/2 large avocado, diced  
[3 tablespoons bacon fat](#), liquified  
[1-2 tablespoons franks red hot sauce](#) (sub any hot sauce or amount for your taste)  
[3 strips bacon](#), cooked crispy and diced  
1 teaspoon sea salt  
paprika to garnish

## INSTRUCTIONS

### Hard Boiled Eggs

My amazing friend and mentor Nom Nom Paleo has done an amazing series on how to boil the perfect egg, so use her reference [HERE](#)

### Deviled Eggs

1. Once your eggs are cooled, evenly cut them in half the long way and using a spoon gently remove the yolks to a [large mixing bowl](#)
2. Set your eggs aside on a plate
3. Add your diced avocado, bacon fat, franks red hot sauce, about 2/3's of your bacon and sea salt to the egg yolks in the bowl
4. Mix well by hand or use a [hand mixer](#) if your lazy like me
5. Once well blended, using a spoon, gently fill your eggs with your egg yolk avocado mixture
6. Move to a serving plate and sprinkle with the remainder of your bacon bits and garnish with paprika
7. Keep refrigerated until ready to serve and enjoy

## NOTES

You can substitute the bacon fat with duck fat, beef tallow, or any other fat of our choice.





# BBQ Bacon Asparagus

prep time: 10 mins | cook time: 20 mins | servings: 4

## INGREDIENTS

- 1 lb fresh asparagus spears, trimmed
- [8-10 slices of nitrate free bacon](#)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika

## INSTRUCTIONS

1. Preheat your oven to 400 degrees fahrenheit
2. Slice your pieces of bacon in half crosswise
3. Mix your salt, pepper, garlic, onion, and paprika in a dish and mix well
4. Wrap each of your asparagus spears with a half strip of bacon leaving the end and tip exposed
5. Lay your spears out on a aluminum foil lined baking sheet shiny side down
6. Take your spice mixture and sprinkle it over all of your asparagus to your liking
7. Bake in your oven for 20-25 minutes or until your bacon is done
8. Remove from oven and serve
9. Enjoy

# *Desserts*



# Triple Chocolate Freezer Fudge

prep time: 15 mins | cook time: 1 hour | servings: 16

## INGREDIENTS

- [1 1/2 cups dark chocolate](#), divided (mini chips or finely dice your favorite bar)
- 1 cup lard, softened
- [2 tablespoons cocoa powder](#)
- 1 tablespoon [palm](#) or [maple granulated sugar](#)
- 3 slices of bacon, cooked crispy and crumbled (optional)

## INSTRUCTIONS

- Over a [double boiler](#), continually stirring, melt 1 1/4 of the chocolate chunks or chips
- Whisk in the lard, cocoa powder and sugar until thoroughly combined and then remove the double boiler from the heat
- Fold in the half of the bacon bits and ensure an even distribution
- Line a [9x9 inch baking dish](#) with [parchment paper](#)
- Line the parchment paper with your remaining chocolate chips or chunks (I recommend using two different flavors for a nice contrast) and bacon bits
- Pour the fudge over the top of your chocolate chips and bacon bits, smooth with a spatula
- Place the dish in the freezer and allow it to chill for 1 hour
- Remove the fudge from the dish by the parchment paper and cut the fudge into 1 1/2 inch cubes
- Keep this recipe in the freezer until about 10 minutes prior to serving. This recipe should only be stored in the freezer or the fudge will become too soft.

## NOTES

This recipe is from the amazing book [Beyond Bacon](#).



# Salted Caramel Bacon Bark

Prep time: 10 mins | Cook time: 20 mins | Serves: 8

## INGREDIENTS

### Salted Caramel

[1 cup canned full-fat coconut milk](#)

[1 cup coconut sugar](#)

1/4 tsp sea salt

### Salted Caramel Bacon Bark

1/2 batch Salted Caramel

6 ounces dark chocolate

[4 strips of crisp cooked bacon](#)

## INSTRUCTIONS

### Salted Caramel

1. In a [heavy-bottomed pot](#), add the coconut milk, coconut sugar and salt
2. Whisk to combine the ingredients, and turn on the heat. Bring to boil for 15 minutes watching carefully so mixture doesn't boil over
3. Reduce heat to low, and simmer for 5 minutes, making sure it doesn't burn.
4. Wear gloves to pour the caramel into a small bowl, and stir periodically as it cools to room temperature.
5. If the caramel isn't thick when it reaches room temperature, pour it back into the pot and let it simmer over the lowest heat possible for another 3-5 minutes.
6. Wear gloves to pour caramel back into the small bowl, stirring occasionally until it reaches room temperature. Store covered at room temperature.



### Salted Caramel Bacon Bark

1. Make Salted Caramel recipe above and let it cool to almost room temperature
2. Line an [8" x 8" dish](#) with a piece of unbleached parchment paper big enough to cover the bottom and go up the sides. Pinch the corners to help it stay in place and set aside
3. Over a [double boiler](#), melt the chocolate and pour it into the prepared dish
4. Allow the chocolate to cool to room temperature on the counter then place it in the freezer until hard
5. Drizzle the caramel over the chocolate and sprinkle the top with crumbled crisp bacon
6. Freeze the candy until it is hard enough to break into bark. You can then store in the [refrigerator](#) or freezer.

## NOTES

This recipe is from the amazing book [The Paleo Chocolate Lovers' Cookbook](#).





# Chocolate Banana Cream Pie with Bacon

Prep time: 10 mins | Cook time: 13 mins | Serves: 8

## INGREDIENTS

### Crust

[2 cups blanched almond flour](#)  
2 tablespoons refrigerated bacon fat  
[1 egg](#)  
For the non bacon pie crust go [here](#)

### Filling

[Cream from 1 \(13.5 ounce\) can of full fat coconut milk](#) (340 grams), chilled overnight  
[1/4 cup coconut oil](#) (50 grams)  
1/2 cup bacon fat (can use coconut oil, pork fat, etc) (100 grams)  
3 small bananas, mashed (265 grams)  
[2 tablespoons raw organic honey](#)  
[1 1/2 tablespoons cocoa powder](#)  
1/4 teaspoon vanilla  
[4 slices of bacon](#), cooked crispy and diced

## INSTRUCTIONS

### Crust

1. Preheat oven to 350 degrees Fahrenheit (176 Celsius)
2. In a [Food processor](#), combine your almond flour, bacon fat, and egg (the bacon fat has to be a solid)
3. Pulse in your food processor until your dough forms a ball
4. Press your dough evenly into a [9 inch pie dish](#)
5. Bake for 10-13 minutes
6. Let cool and then place in the refrigerator to prepare for your filling

### Filling

1. In a [stand mixer](#), or [large mixing bowl](#) place the cream from the can of coconut milk and whip until you have coconut milk whipped cream
2. Combine your coconut oil, bacon fat, bananas, honey, cocoa powder, vanilla and bacon bits in a high speed blender like a [blendtec](#) or [vitamix](#) and blend
3. Pour this into your coconut milk whipped cream and fold in by hand ensuring an even distribution and mixing of all ingredients
4. Pour your filling into your cooled pie crust and place in the refrigerator overnight to set
5. Remove from the refrigerator and garnish with extra bananas, bacon bits, or coconut milk whipped cream to your liking and serve
6. Keep pie chilled and covered in the refrigerator

## NOTES

If you are in a rush, you can make this recipe by combining all the ingredients in a high speed blender and blending at once. Then pour your filling over your pie crust. I prefer the airiness of whipping the coconut milk first.

# Chocolate Bacon Almond Butter Bananas

Prep time: 10 mins | Cook time: **20** mins | Serves: 4-5

## INGREDIENTS

3 organic bananas  
[4 strips of bacon](#), cooked crispy  
[1/2 cup almond butter](#)  
[1 cup enjoy life chocolate chips](#)  
cinnamon to sprinkle

## INSTRUCTIONS

1. Peel your bananas
2. Cut each banana into thirds, and then cut each third in half lengthwise to make banana slices
3. Lay out your banana slices, add almond butter to both slices and then lay a slice of bacon on each slice
4. Put the two banana halves together to make a sandwich and set on a [parchment paper](#) lined [cookie sheet](#) to freeze
5. Continue this until all of your bananas are made into sandwiches with almond butter and bacon in the middle
6. Transfer to a freezer and let sit for at least 30 minutes
7. When you're ready, place your enjoy life chocolate chips or dark chocolate in a double boiler and temper your chocolate until it is melted
8. Remove your bananas from the freezer and dip each one in your melted chocolate and return them to your cookie sheet
9. Sprinkle them all with cinnamon and then return to the freezer
10. Keep frozen until ready to serve





# Maple Bacon Ice Cream

Prep time: 10 mins | Cook time: **30** mins | Serves: 3

## INGREDIENTS

[1 can of coconut milk](#)

[1/3 cup 100% pure maple syrup](#)

[3 slices nitrate free bacon](#)

[1 tsp vanilla extract](#)

## INSTRUCTIONS

1. Lay your 3 slices of bacon on an aluminum foil lined baking sheet and place in the cold oven
2. Turn your oven to 350 degrees fahrenheit and start the cooking process
3. Let your bacon cook until it is crispy and you can cut into your own home made bacon bits, mine took about 35 minutes
4. Once your bacon is done, place your coconut milk, maple syrup, and vanilla extract in a blender and mix well
5. Take your frozen ice cream maker bowl out and place on your [cuisinart ice cream maker](#) and start it, pour your ingredients through the top and let the magic happen
6. Chop your bacon into tiny bacon bit size pieces
7. About 5 minutes in when your ice cream starts to solidify, add all your bacon bits and let the magic keep happening.
8. Once your ice cream is done, transfer to another bowl and let it set in the freezer to your liking
9. Enjoy

# About **GEORGE BRYANT**

George Bryant is a self-taught chef, creator of **Civilized Caveman Cooking Creations**, and New York Times Best Selling author of *The Paleo Kitchen*. George believes in having fun in the kitchen and letting your love and happiness come through in your food.

You can find more about George at [civilizedcavemancooking.com](http://civilizedcavemancooking.com) or find his book at [thepaleokitchen.com](http://thepaleokitchen.com)

