

# French Toast with Bacon and Egg

MCT  
recipe

- **Preparation time:** 10 minutes
- **Cooking time:** 10-15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	44%	
LCT	15g	33%	
Protein	13g	13%	
Carbohydrate	10g	10%	
Energy (calories)	407kcal	100%	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
<b>K-Quik</b>	100g	
Egg, beaten	60g	
Olive oil	4g	
Sliced white bread, crusts removed	22g	
Bacon, raw, lean, diced	25g	
Seasoning	To taste	

## Method

1. Use 2g of oil to fry bacon in a non-stick frying pan. Once cooked, remove bacon from pan and keep it warm.
2. Whisk together egg and **K-Quik** season as desired.
3. Dip bread into mixture, covering both sides.
4. Heat remaining 2g of olive oil in the same non-stick frying pan used for the bacon. Add bread and cook over a medium heat, turning until golden brown on both sides.
5. Remove and set aside. Using the same pan scramble the remaining egg mixture. When cooked, add the bacon and mix into the egg.
6. Serve french toast with the bacon and egg.



**K-Quik is a food for special medical purposes and must be used under medical supervision. These recipes have been specifically designed for use in a ketogenic diet. Refer to labels for allergen and other product information.**