



SPRING GREENS & HOT BACON DRESSING

Nutritious greens make up for the
yummy bacon fat!

INGREDIENTS

spring greens of your choice
6 slices bacon
1/2 cup sugar or stevia if you are keto
1 tablespoon cornstarch or xanthan gum if keto
(we use Bob's Red Mill)
1 egg
1/4 cup vinegar
1 cup water
1/4 teaspoon salt

DIRECTIONS

In a large skillet, fry bacon. Remove bacon and crumbles. To drippings, add sweetener of choice, starch of choice, egg, vinegar, water, salt, and crumbled bacon. Cook until thickens, pour hot over fresh kale, spring greens, spinach or best of all, dandelion greens. Enjoy!