

Coconut Flour Bread (Whole 30 and Paleo)

Shopping List :

Serving size: one

- 2 large, organic eggs
- 1 Russett, Yukon, or sweet potato
- ground cumin
- garlic powder
- onion powder
- ground chili powder
- ground red pepper
- cilantro
- pink Himalayan salt, to taste

Preheat the oven to 350* F. Rinse and peel the potato. Cut off the ends to create a flat surface one each end. Place the potato into the Spiralizer and using blade C (if you have a Tri-blade spiralizer), turn the handle to create potato "noodles".

Coat a non-stick muffin tray with coconut oil and place a small portion of potato into two cups. If you're making this for more servings, then divide the potato "noodles" between the muffin cups. One potato makes more "noodles" than are needed for just two breakfast egg muffins, in fact it would more than fill the entire muffin tray!

Add the seasonings to each muffin cup, to taste preference. Other ideas for seasonings would be basil, oregano, Italian seasoning, Cajun seasoning, etc. The sky's the limit here.

Crack one egg into each muffin cup. If you prefer the egg whites to be mixed with the egg yolk then I would suggest mixing them in a separate bowl first before pouring into each muffin cup

Bake for about 20-25 minutes and serve immediately while hot. Sprinkle salt if desired.