

Bacon, maple & pecan salad



BODY SHAPE
PERFORMANCE

- ½ tsp ghee or coconut oil
- 1 unsmoked bacon rasher, cut into small pieces
- 8 pecan halves
- large handful mixed lettuce leaves
- 3 cherry tomatoes, halved
- half a yellow bell-pepper, sliced
- for the dressing:**
- 2 tsps balsamic vinegar
- 2 tsps maple syrup
- ½ tsp brown mustard seeds, ground
- salt and pepper to taste
- a drizzle of extra-virgin olive oil

Melt the ghee/oil in a large frying pan over a medium heat. Add the bacon and fry until crispy on both sides. Transfer the bacon to a plate and set aside.

Assemble the remaining salad ingredients in a bowl and top with the bacon.

In a jug, mix together the dressing ingredients. Drizzle over the salad. Serve.

Store any leftover salad in an airtight container and refrigerate for up to 2 days.

SERVES 1



PER SERVING:
327 Calories
21g Carbs
9g Protein
23g Fat