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:> AND GADGETS



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ZERO-G Gluten-Free Recipes

By Jimmy Boswell

BACON CUP WITH SALAD AND AVOCADO DRESSING

Ingredients

- 4 slices of uncooked chemical-free bacon
- 1 large muffin tray (I use a 6 segment muffin tray)
- 1 cookie sheet or flat oven tray
- Aluminum foil

Bacon Cup Method

- Preheat oven to 200°C (400°F)
- Flip muffin tin upside down and place on the cookie tray. Line the outside of the muffin tin with foil and fold the edges up. This will help catch the grease.
- Take 2 slices of your bacon and criss-cross it over the top of the foil lined muffin tin. Take 2 more pieces of bacon and wrap around the sides folding it under in a semi-weave.
- Bake for 15 minutes or until it becomes crispy but not overcooked. Remove from oven and let cool. Once the cups have cooled enough to be handled, remove and place on paper towels to cool.

Salad Ingredients

- a handful of chopped or torn Iceberg Lettuce
- 4-6 Grape Tomatoes

Avocado Dressing

- 1/3 cup Gluten free mayo
- 1/3 cup Greek yoghurt
- 2 cloves of garlic
- 4 fresh Basil leaves
- 1/2 tsp dried parsley
- 4-5 sprigs fresh dill
- 1/2 an avocado

Dressing Method

- Place all of the dressing ingredients into your food processor and process until smooth.



Photo & Recipe by Jimmy Boswell - www.tasteofhome.co.nz

