



Broccoli Bacon Bites, Paleo

- 2 Large broccoli heads, steamed and mashed (approx. 2 cups)
- 5 slices cooked bacon, crumbled
- 3 eggs
- 2 tablespoons Ghee, melted
- 1/3 cup Coconut Flour (Can use almond flour)
- 2 teaspoon Onion Powder
- 2 teaspoon Garlic Powder
- 2 teaspoon Parsley
- 1 teaspoon Sea salt

Preheat oven to 375°. Combine all ingredients and mix thoroughly. Roll mixture into bite size balls and place on a parchment paper or silpat lined baking sheet. Bake for 25 minutes, turning after the first 15 minutes. Serve immediately.

Makes Approx. 18 bites

*I try to limit dairy in our house due to food sensitivities but you can also mix shredded cheese with this to make it more appealing to young kids.