



# KETO BACON AVOCADO ZOODLES

Makes 1 serving | Serving size: 1 bowl

PREP TIME

**5 min**

COOK TIME

**10 min**

TOTAL TIME

**15 min**

*For those following the trending keto diet and looking for high-fat options, it can be hard to get enough vegetables. Zucchini is low in carbs and make a great pasta alternative. Combine it with bacon, cream cheese, and some crushed red pepper, and you've got a winning taste combination. This was one of our staff's favorite recipes while they were trying out the keto diet!*



## Ingredients

- 2 slices bacon
- 5 ounces spiralized zucchinis
- 2 tablespoons cream cheese
- ¼ teaspoon garlic
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper
- ½ avocado, diced
- Crushed red pepper, to taste

## Directions

1. In a skillet, cook the bacon until crispy.
2. Crumble, then set aside.
3. In the bacon grease, add the zucchini.
4. Cook until just tender—about 3–5 minutes. Be careful to not overcook, or it will get soggy.
5. Remove from heat and stir in the cream cheese until the zoodles are covered.
6. Sprinkle in the garlic, salt, and black pepper.
7. Top with bacon, avocado, and crushed red pepper.