

Breakfast Fried Rice

THM-Friendly: S OR DEEP S

- one package of [Miracle Rice](#) (or other konjac rice)
- 1 whole egg
- 1/2 cup egg whites
- 1 small or half of a large zucchini
- 1 tsp. [coconut oil](#)
- 1 tsp. hot chili oil
- 2 to 3 slices bacon, cooked
- 1/4 tsp. Korean chili flakes (optional)
- generous sprinkles of onion powder, garlic powder, and paprika
- generous splash of Bragg's Amino Acids

Saute the peeled/sliced zucchini in coconut oil until tender.

Rinse Miracle Rice in hot water. Add rice to the pan. Push rice and zucchini to the side of the pan and add eggs. Scramble eggs and let cook a bit.

Once the eggs are completely cooked, stir them together with the rice. Add chopped bacon. Add hot chili oil and seasonings.

Cook for 3-4 minutes. Serve and add a splash more Bragg's if desired.

