

# BLT Recipe



**PREP TIME:**  
10 MINUTES

**COOK TIME:**  
15 MINUTES

**TOTAL TIME:**  
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

## Ingredients:

- 12 oz. Bacon (nitrate/nitrite free - ideally organic) – can opt for turkey bacon
- 8 oz. Hydroponic Butter Lettuce Cups (or lettuce of choice) – Washed
- 1 Large Beefsteak Tomato – Sliced Thin
- 6 TBSP Mayo – Avocado Based
- 1 Large Avocado – Pitted and Sliced Thin
- 8 Slices Gluten Free Bread – Recommendations: Base Culture / Carbonaut / BeFree Brands
- Sea Salt and Cracked Pepper to Taste
- **Optional Topping:** Broccoli Sprouts

## Instructions:

1. Preheat oven to 350 degrees.
2. Line a baking sheet with parchment paper.
3. Add bacon strips to pan long ways.
4. Bake for approximately 12-15 minutes. Watch closely so does not burn.
5. Once done to desired crispness, remove from oven and place bacon on a paper towel lined plate.
6. Toast bread until lightly golden.
7. Slather on approximately 1 ½ TBSP of mayo for each sandwich (if using 2 slices of bread).
8. For each sandwich use ¼ of the avocado – laying out slices on one side.
9. Add 1-2 slices of tomato, 1-2 lettuce leaves, bacon and about 2 TBSP of broccoli sprouts (if using).
10. Assemble & slice in half. Enjoy with a lovely green salad.

**\*Try and use all organic ingredients if possible.**

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