Loaded Lupin Grits

**Servings: 1 Prep Time: 10 minutes Cook Time: 1 hour**

**1/3 cup Ground Lupin**

**2/3 cup (158g) Water**

**1/3 cup (37g) Cheese, shredded**

**1/4 cup (25g) Scallions**

**1 slice (12g) Bacon, cooked and chopped**

**1 tbsp (14g) Butter**

**Salt**

**Pepper**

**​**

Pour water into a medium saucepot. Next, add the ground lupin and stir. Heat on medium until it comes to a boil then reduce heat and let simmer for 5o minutes. Check on it periodically because you may need to add more water to it. After 50 minutes add in the rest of the ingredients and stir. Cook for another 10 minutes then salt and pepper to taste.

**Nutritional Facts for 1 bowl of Lupin Grits:** 441.3 Calories, 30.2g Fat, 3.5g Net Carbs, 28.5g Protein.