

10 Easy Keto Breakfasts to Help You Lose Weight + Burn Fat



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Introduction

If breakfast is your favorite meal of the day, you know the struggle of finding a low-carb recipe that doesn't include bread, dairy, or processed sugar.

Luckily, we've created a breakfast cookbook that doesn't require counting calories or limiting portion sizes to maintain a healthy weight. Utilizing a Keto approach, we've compiled the best meals to keep you feeling full and energized, without limiting your daily food intake.

The best part is that many of these Keto-friendly meals are loaded with protein and fresh greens to keep you fueled and satisfied throughout the day. From breakfast burgers to skillet dishes, muffins to mochas — each recipe is easy to make and won't skimp out on taste.

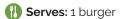
Some of the most popular Keto-friendly ingredients include creamy avocados, fluffy eggs, and tons of crispy bacon. Inside this cookbook, you'll also find plenty of natural alternatives to sweeter breakfast items, too. Recipes like dairy-free honey yogurt, Keto oatmeal, and Mexican mochas are just a few examples of what you can expect to find inside.

Whether you're familiar with Keto or trying it for the first time, there's plenty of tasty options you'll want to make again and again! Keep this Keto cookbook handy for your next breakfast and feel free to mix-and-match with other Paleo-friendly recipes along the way.



Keto Breakfast Burger ITH AVOCADO BUNS





Ingredients:

- · 1 ripe avocado
- 1 egg
- · 2 bacon rashers
- 1 red onion slice
- 1 tomato slice
- · 1 lettuce leaf
- 1 T Paleo mayonnaise
- · Salt and pepper, to taste
- · Sesame seeds, for garnish

Instructions:

- 1. Place the bacon rashers on a cold frying pan. Turn the stove on and start frying the bacon. When bacon beings to curl, flip it with a fork. Continue cooking the bacon until it is crispy.
- 2. Remove the bacon from the pan and crack the egg into the same pan, using the bacon fat to cook it. Cook until the white is set but the yolk is still runny.
- 3. Slice the avocados in half width-wise. Remove the pit and use a spoon to scoop it out of its skin.
- 4. Fill the hole where the pit used to be with Paleo mayonnaise.
- 5. Layer with lettuce, tomato, onion, bacon, and fried egg.
- 6. Top with the second half of the avocado.
- 7. Sprinkle with sesame seeds.

Tip: Eat with a knife and fork. This isn't your typical burger "bun" and can get messy!



Easy Low Carb **KETO NOATMEAL**

Cook Time: 10 mins Prep Time: 5 mins Serves: 1



Ingredients:

- 1/3 cups full-fat coconut milk
- ½ cup riced cauliflower
- 1 Themp hearts
- 1 T chia seeds
- 1 T unsweetened coconut flakes
- 2 t sliced almonds
- ½ t cinnamon
- ½ t Stevia
- 3 raspberries (for garnish)

- 1. Heat coconut milk over low heat until steaming, about 3 minutes.
- 2. Add cauliflower rice and heat 3-4 minutes.
- 3. Remove from heat and stir in the rest of the ingredients. Let stand 3-4 minutes to thicken.
- 4. Pour into a bowl and garnish with fresh raspberries.



Keto Turkey AND EGG BREAKFAST SKILLET

Cook Time: 20 mins Prep Time: 5 mins Serves: 2



Ingredients:

- 1 T extra virgin olive oil
- · ½ onion, finely chopped
- ½ lb ground turkey
- · 1 cup organic tomato sauce (no sugar added)
- 2 eggs
- · Salt and pepper to taste

- 1. Heat the olive oil in the skillet over medium heat. Add the chopped onion and sauté until soft and translucent.
- 2. Add the ground turkey and cook until fully browned.
- 3. Add in the tomato sauce and continue to cook for 2-3 minutes.
- 4. Make 2 small wells in the turkey mixture and crack the eggs into each. Cover the skillet and cook for 5 minutes or until the egg whites are opaque.



"Cheesy" Broccoli **BREAKFAST MUFFINS**

Cook Time: 30 mins Prep Time: 5 mins Serves: 6 muffins

Ingredients:

- · 2 t ghee, softened + extra for greasing
- 1 cup broccoli florets, finely chopped
- · 2 cups almond flour
- 2 large pasture-raised eggs
- 1 cup unsweetened almond milk
- 2 T nutritional yeast
- · 1 t baking powder
- ½ t sea salt

Instructions:

- 1. Preheat the oven to 350°F and grease a large muffin tin with ghee.
- 2. Stir together all the ingredients in a large mixing bowl until well combined.
- 3. Spoon the mixture into the muffin tins. Bake for 30 minutes until a toothpick inserted in the center comes out clean.

:qiT

Coconut flour can be substituted for almond meal in this recipe, but decrease the amount to half a cup.



HOW TO MAKE

Dairy Free Coconut Yogurt

Cook Time: 24 hrs Prep Time: 5 mins Serves: 6



Ingredients:

- · 2 15 oz. cans organic coconut cream, chilled in the refrigerator 4 hours
- 2 dairy-free probiotic pills with bacterial strains L. bulgaricus, S. thermophilus and L. casei
- 1 Thoney

- 1. Open coconut cream and separate the liquid from the cream.
- 2. In a food processor or high-speed blender, add the cream with the probiotic pills and honey. Process on high for 3 minutes until pills are broken down.
- 3. Check the consistency of the yogurt. If it's too thick, add a little of the coconut water and blend.
- 4. Transfer the yogurt to a glass jar and seal with lid.
- 5. Preheat the oven to 100°F. Place the glass jar in the oven for 24 hours to ferment.
- 6. Once fermented, remove from the oven, cool and stir the yogurt. Chill in the refrigerator for at least 2 hours.



Prosciutto-Wrapped **AVOCADO EGG**

Cook Time: 8 mins



Prep Time: 5 mins Serves: 2



Ingredients:

- 2 ripe, ready to eat avocados
- 2 eggs
- 6 prosciutto slices
- 2 T olive oil
- Salt and pepper, to taste
- Chopped parsley for garnish
- · Tomato slices for garnish

- 1. Bring a medium pot of water from low heat to a gentle simmer.
- 2. Using food-safe plastic wrap, line a small bowl and rub a little bit of olive oil on it.
- 3. Crack an egg into the lined bowl, pull the sides of the plastic wrap together, and tie a knot. Place the wrapped egg in the simmering water for 3 minutes. Repeat with the other egg.
- 4. Remove the eggs from the water and lay on a plate. Cut the plastic wrap open and gently separate the eggs. Set them aside.
- 5. Prepare the prosciutto slices by flattening them with a back of a knife.
- 6. Halve the avocado and remove outer skin. Scoop out the middle of the avocado so it is the same size as the poached egg. Carefully put the egg inside and enclose with both sides of the avocado.
- 7. Wrap the sealed avocado tightly in prosciutto slices, two strips horizontally and one vertically. Repeat the steps for the other egg.
- 8. Fry the prosciutto-wrapped avocado in olive oil over medium heat for about 10 minutes, starting with the loose ends of the prosciutto first. Turn frequently until the prosciutto is crispy all over.
- 9. Place on a paper towel to drain the excess oil before serving. Slice the stuffed avocado, sprinkle with salt, pepper and chopped parsley. Serve with tomato slices.



Healthy Cauliflower Eg **MCMUFFIN**







Ingredients:

For Cauliflower Muffins:

- · 2 cups riced cauliflower (1/2 medium head of cauliflower)
- ½ cup almond meal
- 2 large, pasture-raised eggs
- ½ t sea salt
- ½ t turmeric
- ¼ t black pepper

For Egg McMuffin:

- · 1 egg per muffin
- · 1 strip of bacon per muffin, cooked
- · 4-5 slices of avocado per muffin

- 1. Preheat oven to 400°F and line a baking sheet with parchment paper. In a large mixing bowl, combine riced cauliflower, eggs and almond meal until well moistened. Sprinkle in turmeric, pepper and sea salt, and stir well.
- 2. Using a 1/3 cup measuring scoop, form cauliflower mixture into 4 discs on baking sheet. Bake 20 minutes.
- 3. In the meantime, prepare toppings for Egg McMuffin. Cook the egg and the bacon to your liking, and slice the avocado.
- 4. Remove cauliflower muffins from oven and cool 5 minutes. Add toppings on one half and place another muffin on top. Serve immediately.



Easy Eggs IN CLOUDS RECIPE

Cook Time: 10 mins Prep Time: 5 mins Serves: 4 eggs in a cloud

Ingredients:

- · 4 large eggs
- ½ cup chopped chives
- ¼ cup crumbled bacon or pastrami
- · Salt and pepper, to taste

- 1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
- 2. Separate the egg whites from the yolks. Using an electric hand mixer, whip the egg whites until fluffy and stiff peaks form.
- 3. Carefully fold in the chopped chives and bacon using a spatula.
- 4. Spoon four mounds of whipped egg whites onto the prepared baking sheet. Use the back of a teaspoon to make egg yolk-size wells in the center of each mound.
- 5. Bake for three minutes, then remove from the oven and gently add a yolk into the center of each cloud. Return to the oven and bake for two more minutes.
- 6. Remove from the oven, sprinkle with salt and pepper, and serve immediately.



Bacon Weave Fried

EGG SANDWICH

Cook Time: 25 mins

Ingredients:

- · 6 slices of bacon
- 2 eggs
- 1 T green onion

- 1. Preheat oven to 450°F.
- Using a knife, cut bacon slices down the middle so, rather than 6 whole slices, you are left with 12 half slices.
- Intertwine bacon slices so that they form a square. I used 6 half slices for each piece, 3 going horizontally and 3 going vertically.
- 4. Place both pieces of bacon "bread" on a baking sheet and place in oven for 20-30 minutes, carefully flipping the bacon over half way through so the bacon cooks all the way.
- **5.** Fry sunny side up eggs in a pan, adding green onion for flavor.
- Once bacon is finished, place egg atop one piece of bacon weave and top the entire sandwich off with the second piece of bacon weave.
- 7. Enjoy!



Mexican Mocha WITH SILKY COCONUT OIL

Cook Time: 3 mins Serves: One 8 oz. coffee

Ingredients:

- · 4 oz. brewed strong coffee or espresso
- · 4 oz. coconut milk
- 1 T cocoa powder
- 1/4-1/8 t cayenne or chili powder
- ½ t cinnamon
- 1 T coconut oil
- 1 t maple syrup, raw honey, or coconut sugar, optional

- 1. Add all ingredients to blender (including sweetener, if you so desire).
- 2. Blend until frothy. Drink immediately.

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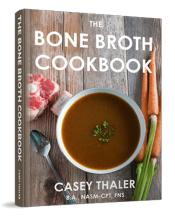
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