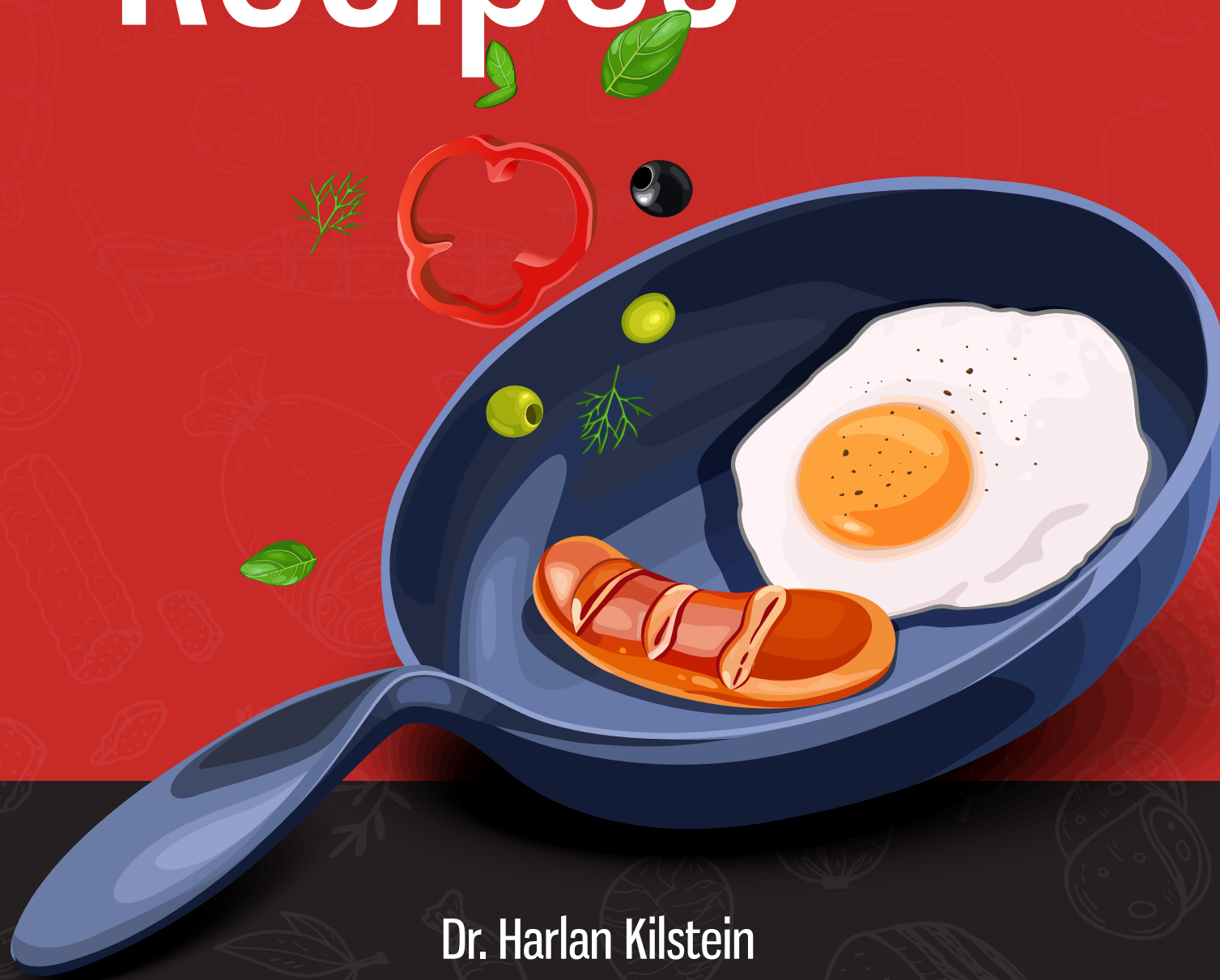


Keto Breakfast Recipes



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Disclaimer

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Easy Bocconcini & Basil Morning Casserole

This morning casserole will provide you and your family with a solid meal to fuel the day. Simply take 5 minutes to throw the ingredients together, then pop the casserole into the oven and go about your morning chores until it's done.

Ingredients

- 8 large eggs
- ¼ C extra virgin olive oil
- 3 C cherry tomatoes, washed and cut in half
- ¼ C fresh basil leaves, chopped
- ¼ lb fresh mozzarella in brine (bocconcini)
- Pink Himalayan salt & ground pepper, to taste

Preparation

1. Pre-heat oven to 350 F.
2. Heat olive oil in a heavy bottomed skillet over medium high. When the pan is hot and the oil is fragrant add the cherry tomato halves. Sauté until the tomatoes become soft and have released their juices. Remove tomatoes and juice, transfer to a bowl and set aside to cool.
3. In a separate bowl whisk eggs until well-blended then add the basil, salt & pepper.
4. Pour the egg/basil mixture into a lightly greased casserole.
5. Stir in the tomatoes and their juice. Add the bocconcini, one at a time and place them evenly around the casserole.
6. Place casserole on the middle rack of the pre-heated oven and bake for 25-30 minutes, or until the eggs are set and a metal skewer inserted into the center comes out clean. Serve immediately.

Serves 4





Instant Pot Keto Quiche Lorraine

The instant pot is a miracle in my kitchen. Every day I find a new use for it. This crust-less quiche is perfectly keto and perfectly flavored with bacon, Swiss cheese and just a hint of nutmeg. The instant pot makes cooking this breakfast dish feasible on a busy week-day morning.

Ingredients

- 8 bacon slices, naturally smoked and no sugar
- 4 large eggs
- 2 C heavy cream
- ¼ tsp pink Himalayan salt flakes
- ¼ tsp nutmeg
- ¼ tsp ground pepper
- 2 C Swiss cheese, shredded



Preparation

1. Set the Instant Pot to the medium sauté setting. Chop up the bacon slices and fry until crisp. Set the bacon aside.
2. Whisk eggs, heavy cream, nutmeg, salt and pepper.
3. Grease a 6-inch cake pan and spread one cup of the shredded Swiss cheese evenly across the bottom of the pan. Crumble the cooked bacon and sprinkle it over the cheese. Pour the egg mixture over-top the cheese and bacon.
4. Put the steam rack in the Instant Pot and add 1 C of water. Carefully place the filled cake pan on the steam rack.
5. Lock the Instant Pot lid in place and change the setting to high pressure. Set timer for 25 minutes. When the time is up, allow the Hot Pot to sit undisturbed for 10 minutes before doing a quick pressure release.
6. Remove the quiche and carefully pat away any moisture from the surface using a clean paper towel.
7. Top with the remaining cheese and place the quiche in the upper oven beneath the broiler for few minutes, until the cheese is melted and browned.
8. Cut into wedges and serve immediately.

Serves 4



Breakfast Keto “Pizza”

The kids in your house will love this one and the big kid inside of you will agree. We’ve gone Mediterranean with this pizza but you can use each individual’s favorite toppings to personalize their breakfast “pizza” at your own table.

Ingredients

- 3 large eggs, separated
- ½ C mozzarella cheese, shredded
- 2 tsp Italian herb blend (may include, basil, oregano & rosemary)
- 3 large pitted Mediterranean style black olives, pitted & sliced
- 1 T red bell pepper, fine dice
- ¼ tsp powdered garlic
- Salt and pepper, to test
- 1 T keto tomato sauce

Preparation

1. Use 2 small microwavable ramekins or glass dishes sprayed lightly with oil. Place a T of mozzarella cheese in each dish, and sprinkle the Italian herb blend on top.
2. Whisk egg whites until a bit bubbly then pour over the cheese/herb blend in the ramekins. Microwave until the cheese has melted and the egg whites are set. Set aside on a rack to cool while you prepare the yolks.
3. Spray a small heavy bottomed skillet lightly with oil and heat over medium high heat. Add the diced red pepper and chopped olive to the skillet; adjust heat to medium and sauté for 2 minutes. Whisk egg yolks and pour them into the skillet and continue to sauté until the yolks are scrambled. Watch closely and remove from heat while yolks are still moist and not dried out.



4. Spoon $\frac{1}{2}$ T of the tomato sauce over each egg white base and spread around evenly. Top with the scrambled egg yolk mixture and the remaining mozzarella cheese. Place ramekins back into the microwave and microwave 20 seconds to melt the cheese. Serve immediately!

Serves 2

Keto-Style Protein Pancakes

Protein powder, whole eggs and egg whites provide a good hit of protein in these keto friendly pancakes. Plus ...the coconut flour keeps the net carb content lower than what you get in regular pancake recipes made with wheat flour.

Ingredients

- $\frac{1}{4}$ C coconut flour
- 1 $\frac{1}{2}$ T protein powder
- 1 tsp baking powder
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp Himalayan salt flakes
- 1 packet of Stevia sweetener (or other sweetener of choice)
- $\frac{1}{2}$ C heavy cream
- 1 $\frac{1}{2}$ tsp pure vanilla extract
- 2 large eggs, separated
- $\frac{1}{2}$ C liquid egg whites
- 1 $\frac{1}{2}$ T protein powder
- 2 tsp Butter or ghee for cooking





Preparation

1. Whisk coconut flour, protein powder, baking powder, cinnamon, salt and stevia. Set aside.
2. Whisk the egg yolks with the heavy cream and vanilla.
3. Fold the flour mixture into the cream/yolk mixture until well-combined.
4. Beat all of the egg whites using a hand held mixer until stiff.
5. Gently fold the stiff egg whites into the batter.
6. Pre-heat a large heavy bottomed, non-stick skillet over medium-high heat.
7. Lightly grease your hot pan with butter or ghee.
8. Pour batter into the pan forming three pancakes altogether.
9. Wait until bubbles form across the top of the pancakes before flipping and cooking the opposite side. The pancakes are done when the batter is cooked through and the pancakes are a nice golden brown on each side.
10. Serve immediately with a variety of keto friendly toppings (including butter) on the side.

Serves 1



Keto-Friendly Porridge

Most folks following a keto menu plan hit a point when they can't look at another egg; at least for a while! This hearty keto porridge comes in handy for just such a moment.

Ingredients

- 3 T coconut flour
- 4 T flaxseed meal
- 1 ½ T protein powder
- 1 C unsweetened almond milk
- ½ T powdered erythritol (or sweetener of your choice)
- ¼ tsp salt

Preparation

1. Whisk coconut flour, flaxseed meal, protein powder, salt and sweetener in a saucepan.
2. Place pan over medium high heat and pour in almond milk while stirring continuously. The mixture will thicken as it cooks.
3. When thickened to your liking remove from heat and serve with your favorite keto toppings, i.e. butter, strawberries, coconut flakes, almonds.

Serves 1



Italian Sausage Frittata

Frittata is a great breakfast choice, is elegant enough for brunch or can easily be the star of a light evening meal. We've chosen the flavors of Italy when purchasing ingredients for this recipe but frittata is a flexible dish, so be creative and select ingredients that suit your own palate.

Ingredients

- 12 large eggs
- ½ C heavy cream
- 1 tsp garlic powder
- ½ tsp pink Himalayan salt flakes
- ½ tsp ground black pepper
- 2 tsp ghee (or extra virgin olive oil)
- 1 C onion, medium dice
- 1 red pepper, cored, seeded & cut into medium dice
- 1 lb Italian sausage (mild or hot)
- 6 C baby spinach leaves spinach
- 3 C cheddar, shredded





Preparation

1. Pre-heat the oven to 350 F.
2. Whisk eggs with cream in a large measuring cup or bowl. Add in garlic powder, salt & pepper and whisk again. Set aside.
3. Melt ghee in a heavy bottomed, oven proof skillet and sauté onions & red pepper until soft.
4. Add the ground Italian sausage and stir fry the mixture, breaking up the chunks until the ground sausage is browned and cooked through. When the meat is almost done add the spinach and stir while it wilts into the meat mixture. Remove the skillet from the burner.
5. Pour the egg/cream mixture into the oven proof skillet with the Italian sausage mixture and top with the shredded cheddar cheese. Place the skillet on the middle rack of the pre-heated oven.
6. Bake the frittata for 45 minutes or until the egg is set and the cheese is lightly browned! Serve immediately.

Serves 6



Keto Breakfast Bagels

If you're craving bagels in the morning give this keto version a try. Their texture is slightly different than the chewy bread style bagels you used to eat before going keto but we think this keto style bagel actually tastes better! Double the batch and freeze the bagels individually wrapped.

Ingredients

- $\frac{3}{4}$ C almond flour
- 2 T unflavored protein powder
- 2 tsp baking powder
- $\frac{1}{2}$ tsp xanthan gum
- 1 large egg, beaten
- 2 C full fat mozzarella cheese, shredded
- 2 T full fat cream cheese
- 2 T melted butter
- 1 T poppy seeds
- 1 T sesame seeds

Preparation

1. Pre-heat oven to 400 F.
2. Whisk the almond flour, protein powder, baking powder, xanthan gum until well blended. Add the egg and mix until combined with the dry mixture. Set aside.
3. Melt the mozzarella and cream cheese in a heavy bottomed pot over medium heat while stirring occasionally. Remove from heat once melted. Alternatively, you can use the microwave. Do this in 30 second intervals on high power, stirring in between, until cheese is melted and well blended.



4. Stir the melted cheese with the almond flour mixture until a dough ball forms then knead the dough until all the ingredients are well-combined. The dough can be sticky at first so it helps to coat your hands lightly with oil before beginning the kneading process.
5. Divide the kneaded dough into 3 equal-sized pieces. Roll each piece into a long log and pinch the ends together to form a bagel. Place bagels on a parchment lined baking sheet
6. Brush the top of each bagel with the melted butter and sprinkle the poppy seeds and sesame seeds over-top.
7. Bake on the middle rack of the pre-heated oven for 20 minutes. Cool on a wire rack.

Serves 3

Mighty, Mini, Meaty Omelets

Stuffed with bacon, breakfast sausage and melted cheese; these protein packed omelets are a meat lover's dream!

Ingredients

- 8 large eggs
- 4 T heavy cream
- Grinding of pink Himalayan salt and black pepper
- 2 C shredded cheddar cheese
- 5 bacon slices, cooked and crumbled
- 5 breakfast sausage patties, cooked and cut in half



Preparation

1. Pre-heat oven to 185 F.
2. Whisk 2 eggs and 1 T of cream. Add a grinding of pink Himalayan salt and black pepper and whisk again.
3. Spray a small sized, heavy bottomed, non stick skillet lightly with cooking oil. Pre-heat the pan over medium high heat.
4. Turn the heat under the pan down to medium and pour in the egg mixture. Swirl the pan around quickly so the egg mixture coats the bottom of the pan. Place a lid over-top and allow the egg mixture to cook for 1 ½ - 3 minutes while covered. When the egg has set and has cooked all the way through, remove the pan from the heat.
5. Sprinkle 1/2 C of cheddar cheese over the egg, followed by a ¼ of the crumbled bacon. Lay sausage patty half on top. Flip one side of the egg over-top and then flip the opposite side of the egg up and over-top of the first side. This will create a small omelet-type of bundle. Use a spatula to transfer the mini omelet from the skillet to an oven proof dish and place it in the oven to keep it warm.
6. Wipe out the pan and repeat steps 2 - 5 until all the omelets are made. Serve immediately.

Serves 4



Stuffed Vegetarian Pepper “Boats”

Three cheeses combined with eggs to make a hearty vegetarian stuffing for these pepper “boats”. You can choose the color of bell pepper you prefer; red, yellow, green or orange. Or ... make it interesting and serve multi-colored pepper boats and let the diners at your table choose the color they want!

Ingredients

- 4 small bell peppers, sliced in half with stem & seeds removed
- 6 large eggs
- 1 C ricotta cheese
- 1 C mozzarella cheese, shredded
- 1 C Parmesan cheese, finely grated
- 1 tsp garlic powder
- ½ tsp dried parsley
- ½ C baby spinach leaves

Preparation

1. Pre-heat oven to 375 F.
2. Mix the ricotta, mozzarella and Parmesan together in a large bowl.
3. Whisk eggs and pour over the blended cheeses and add the baby spinach leaves. Stir until well combined.
4. Place the pepper halves onto a foil-lined, rimmed baking sheet.
5. Spoon the egg, cheese and spinach mixture into the pepper halves dividing the mixture equally amongst the pepper “boats”.
6. Cover the pan with foil and bake for 40 minutes or until the egg is set. Remove the foil.
7. Broil for an additional 4 minutes or until the tops begin to bubble and brown nicely. Serve immediately.

Serves 4 big appetites or 8 smaller ones!



Baked Eggs & Veggies

These baked eggs in a bed of roasted veggies smothered in cheese make a satisfying breakfast any day of the week or serve them with salad on the side for Sunday brunch. You can even eat this meal for supper!

Ingredients

- 1 C zucchini, medium dice
- 1 C cauliflower, medium dice
- 1 red bell pepper, seeded and cut into medium dice
- 1 cooking onion, peeled and cut into medium dice
- 2 T ghee or coconut oil, melted
- 1 tsp smoked paprika
- 1 tsp smoke chipotle powder
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 C full fat mozzarella cheese, shredded
- 1 medium ripe avocado, peeled and cut into medium dice
- 4 large eggs



Preparation

1. Pre-heat oven to 400 F.
2. Line a rimmed baking sheet with foil. Set aside.
3. Place all the diced vegetables into a large bowl. Melt the ghee, drizzle it over the veggies and toss to coat them all evenly.
4. Sprinkle on the smoked paprika, smoked chipotle powder, onion powder, garlic powder and thyme. Toss the veggies again until evenly coated with all of the spices. Turn the coated veggies out onto the baking sheet and spread them out around the pan.
5. Bake on the middle rack of the pre-heated oven for 15 – 20 minutes or until the veggies are soft, cooked through and beginning to brown nicely.
6. Remove the roasted vegetables from the oven and place them all into a large, flat-bottomed oven-proof casserole dish. Top with shredded mozzarella cheese.
7. Place the diced avocado around the outside edge of the casserole.
8. Make four depressions in the surface of the cheese-covered veggies. Crack an egg into each of these depressions.
9. Bake the casserole for 10 minutes or until the eggs are set and reach the level of doneness that you prefer.
10. Take the casserole straight to the table from the oven. Divide into 4 portions and serve.

Serves 4





Eggs & Chorizo Skillet

Chorizo sausage meat provides a bit of heat in this spicy egg dish. You can make this meal in a single cast iron skillet and take it to the table directly from the stove-top for a rustic presentation.

Ingredients

- 1 T ghee or coconut oil
- 1 C yellow onion, medium dice
- 1 ½ lb ground chorizo sausage meat
- 1 red bell pepper, seeded and cut into medium dice
- 3 garlic cloves, minced
- ½ T chili powder
- ½ tsp cumin
- ½ tsp ground black pepper
- ¼ tsp pink Himalayan salt flakes
- 1 (28-ounce) can diced tomatoes, with juice
- 6 large eggs
- 2 oz chevre or queso fresco
- ¼ C cilantro, chopped



Preparation

1. Melt the ghee or coconut oil in a large cast iron skillet over medium high heat. Add the diced onion and sauté until translucent. Add the chorizo and all the spices to the onions in the pan and cook while stirring to break up the chunks of meat. When the meat is almost cooked through, sprinkle the red pepper and minced garlic into the pan and continue to sauté until the meat is cooked through and browned nicely. This will take around 8 minutes altogether.
2. Add the can of stewed tomatoes and bring the mixture of meat and tomato up to the point that it's just simmering and allow it to simmer for 15 minutes or until the mixture thickens and is greatly reduced.
3. Using the back of a spoon create indentations in the meat/ tomato mixture. Crack an egg into each depression and cover the pan with a lid or foil. Adjust the heat to medium under the skillet.
4. Cook for another 6 or 7 minutes until the eggs have set and reached the level of doneness you prefer.
5. Remove the lid and sprinkle with crumbled chevre (or queso fresco). Garnish with chopped cilantro and take to the table immediately.

Serves 6





Mediterranean Breakfast Wrap

When you have to eat breakfast on the run a wrap makes perfect sense. Once the wrap is assembled you can make it easy to hold by wrapping it in foil or parchment paper leaving an opening on one end. Then out the door you go while eating on the run; literally!

Ingredients

- 6 whole eggs
- 3 egg whites
- ½ tsp Pink Himalayan salt flakes
- 3 C baby spinach leaves
- 1 C crumbled feta cheese
- 4 fresh basil leaves, chopped
- 3 whole sundried tomatoes, minced



Preparation

1. Whisk whole eggs with the egg whites and salt until light and bubbly.
2. To make a wrap an 8", non-stick skillet sprayed lightly with cooking oil is ideal. Preheat the skillet over medium high heat. Pour in half of the egg mixture, immediately reduce the heat to medium and cover the skillet.
3. Once the egg mixture is cooked through and set, remove the wrap from the pan and allow it to cool on a large flat plate.
4. Prepare the second wrap by repeating steps 2 and 3.
5. Wilt the spinach leaves in the same skillet over medium low heat for a few minutes. Remove from heat and set aside.
6. Layer half of the wilted spinach followed by half of the feta cheese, half the basil and half the sundried tomato down the middle area of one of the egg wraps. Flip the bottom of the wrap up over the filling and roll the wrap up leaving it open at the top. Repeat with the remaining ingredients. Serve immediately.

Serves 2 small appetites or one larger appetite

Smokey Chive Coated Salmon Balls

I make these savory smoked salmon cheese balls often and have multiple uses for them. They make an elegant finger food at a party or hold their own as a starter to a fancy meal. But, by far, my favorite thing is to simply eat two or three of these yummy treats on Parmesan Poppy Seed keto crackers for an easy breakfast!

Ingredients

- 1 large egg, hard boiled
- ¼ lb smoked salmon, minced
- 1/3 C full fat cream cheese
- 4 T fresh chives, minced
- Pink Himalayan salt flakes and ground pepper, to taste



Preparation

1. Place egg in a saucepan and cover with water. Place on the stove-top and set the burner to high. If your egg has come straight from the fridge set the timer to 14 minutes. If it's at room temperature set the timer to 10 minutes. When the water begins to boil turn the heat down to medium high so the water continues to boil but not so hard that the egg is banging around inside the pot. Remove the hard-boiled egg to cold water when the cooking time is up. Allow the egg to cool before peeling and mashing with a fork. Make sure the egg is completely mashed into a paste.
2. Combine the minced smoked salmon and softened cream cheese with the mashed egg. Correct the seasoning with salt and pepper and place it in the fridge for half an hour so the mixture firms up and is easier to handle.
3. Once chilled form the salmon/egg/cream cheese mixture into small balls using about 1 T of the mixture for each ball.
4. Roll the balls in the minced chives until each ball is well-coated. Place the balls onto a flat plate, making sure they aren't touching and cover with plastic wrap. Hold in the fridge until ready to serve.



Ham & Spinach Breakfast Casserole

This casserole starts the day well when served in the morning. I actually enjoy left-overs for lunch when re-heated and served with sliced tomatoes or green salad on the side. But that doesn't always happen as this casserole is a family favorite and usually disappears in one sitting!

Ingredients

- 12 large eggs
- ¼ C heavy cream
- 1 C ricotta cheese
- 1 small yellow onion, fine dice
- ¼ tsp pink Himalayan salt flakes
- ½ T garlic & herb seasoning
- 1 C baby spinach leaves
- 1 lb diced ham steak

Preparation

1. Pre-heat oven to 350 F.
2. Whisk eggs with the heavy cream. Combine with the ricotta cheese, while stirring until smooth. Set aside.
3. Add the onions, salt, and garlic & herb seasoning and stir again.
4. Fold in the spinach leaves and diced ham.
5. Spray a large casserole dish lightly with oil and pour the batter into the dish.
6. Bake, on the middle rack of the pre-heated oven for 30-35 minutes or until the egg mixture has set and the top is a nice golden color. Serve immediately.

Serves 6



Zucchini Breakfast Loaf

Missing bread at breakfast? Try this zucchini bread, toasted and smeared with butter next to crispy bacon and a fried egg.

Ingredients

- ½ tsp pink Himalayan salt flakes
- 1 C zucchini, grated
- 4 large eggs
- ½ C butter, melted
- 1 tsp pure vanilla extract
- 2 ½ C almond flour
- 1 ½ C erythritol
- 2 tsp baking powder
- ½ tsp xanthan gum
- ½ tsp ground nutmeg
- 1 tsp ground cinnamon
- ¼ tsp ground ginger
- ½ C chopped walnuts



Preparation

1. Pre-heat oven to 350 F.
2. Place grated zucchini into a colander and sprinkle the salt over-top.
3. Melt butter and cool before whisking with the eggs and vanilla extract. Set aside.
4. In a separate bowl, mix together the almond flour, erythritol, salt, baking powder, xanthan gum, nutmeg, cinnamon, and ginger. Set aside.
5. Rinse the zucchini and squeeze out the excess water using clean paper towels. Mix zucchini into the eggs and vanilla.
6. Slowly add the dry ingredients into the zucchini/egg mixture while stirring by hand.
7. Grease a 9" x 5" loaf pan, and spoon the batter into the pan. Spread out evenly with the back of the spoon.
8. Sprinkle the walnuts across the top of the batter.
9. Bake on the middle rack of the pre-heated oven for 60 minutes or until a metal skewer, inserted into the middle of the loaf, comes out clean. Let cool in the pan, on a wire rack for 5 minutes before removing the zucchini bread from the pan. Leave bread on the rack until completely cooled. Wrap in plastic wrap and store in the fridge for several days.

Serves 8





Parmesan Poppy Seed Crackers

These crackers get an A+ for convenience when a quick keto snack is needed. I often eat them topped with cheese for breakfast, on busy mornings when I have to eat and run. They are crunchy, bursting with flavor and very satisfying. I like them so much they have become a go-to staple in my kitchen cupboard.

Ingredients

- 1 C almond flour
- ¼ C Parmesan cheese, finely grated
- 3 T poppy seeds (or sesame seeds)
- 1 tsp garlic granules
- 1 tsp onion powder
- ¼ tsp pink Himalayan salt flakes
- 1 egg white
- ¼ tsp Dijon mustard
- 1 T soft butter



Preparation

1. Pre-heat oven to 325 F.
2. Whisk the almond meal, parmesan cheese, garlic powder, onion powder, salt and poppy seeds.
3. Add the egg white, Dijon mustard and soft butter to the dry ingredients mixing everything together using a flat spatula.
4. Place small mounds, about 1 tsp each, of the mixture onto two small parchment lined cookie sheets. Flatten each mound by placing a small piece of parchment paper that has been sprayed with cooking oil over top the mound.
5. Press down on the mound with a flat-bottomed glass to create a flat round cracker-sized disc. Repeat with each mound until all the mixture has been used.
6. Place cookie sheets on the middle rack of the pre-heated oven and bake for 8 minutes until the crackers begin to brown around their outer edges.
7. Cool on a wire rack and store in an air-tight container.



Goat Cheese & Caramelized Onion Egg Bites

Similar to an egg muffin, these egg bites are steamed on the stove top in an egg poacher. The end result has a custardy texture that I find comforting.

Ingredients

- 1 small cooking onion, thinly sliced
- 2 tsp ghee
- 3 oz crumbled chevre
- 6 large eggs
- 2 T heavy cream
- 1 T Parmesan cheese, finely grated
- 1 tsp dried oregano
- Pink Himalayan salt flakes, grounding of black pepper

Preparation

1. Melt ghee in a heavy bottomed skillet and sauté onion over medium heat until the onion is a translucent, light golden brown color and fully caramelized. This will take about 5 minutes.
2. Fill the egg poacher pan with water and fit the poaching cups into the holder on top of the pan. Divide the caramelized onion and the crumbled goat cheese between the 6 cups of your egg poacher.
3. Whisk the eggs and cream. Add the parmesan and dried oregano and whisk again.
4. Drizzle the egg mixture over the onions and cheese in each of the egg poacher cups. Cover with the lid and turn the heat under the pan on to medium high. When the water starts to boil reduce the heat to medium and steam, covered, for 5 – 7 minutes until the eggs are set. Serve immediately.

Serves 6



Blueberry Pancakes: Keto-Style

Guess what? Old fashioned blueberry pancakes are still on the menu! Made with almond flour and ricotta cheese, these pancakes pack a protein punch first thing in the morning. Serve them hot with melting butter and a drizzle of sugar free maple syrup.

Ingredients

- 1 C almond flour
- ½ C flaxseed meal
- 1 tsp baking powder
- ¼ tsp pink Himalayan salt flakes
- 4 large eggs
- 1 C ricotta
- ½ tsp vanilla extract
- ½ C unsweetened vanilla almond milk
- ½ C blueberries
- 2 or 3 T ghee for frying the pancakes



Preparation

1. Blend eggs, ricotta, vanilla extract, and unsweetened almond milk using a hand held mixer.
2. Whisk the almond flour, flaxseed meal, salt, baking powder, and stevia in a separate bowl.
3. Slowly add the dry ingredients to the wet ingredients and stir everything together by hand. Add blueberries to the batter and stir again until they are evenly distributed throughout the batter.
4. Preheat a heavy bottomed skillet over medium high heat. Melt a portion of the ghee in the preheated skillet.
5. Pour $\frac{1}{4}$ C pancake batter into the skillet and adjust the heat under the skillet to medium. Wait until small bubbles dot the surface of the pancake and the bottom is nicely browned before flipping. Continue frying the pancake until the other side is browned and the pancake has cooked all the way through. You may be able to cook two or three pancakes at a time depending on the size of your skillet. Remove cooked pancakes from the skillet and keep warm.
6. Repeat until all the batter is used. Serve with sugar free syrup, or additional berries.

Serves 4



Sausage, Veggies and Cheese Casserole

Here's another breakfast casserole that can be thrown together quickly with inexpensive ingredients. If you don't eat it all at breakfast than save it in the fridge and re-heat in the microwave for lunch on the same day or for breakfast on the next morning.

Ingredients

- 1 T ghee
- 1 C cooking onion, medium dice
- 3 C green cabbage, finely shredded
- 1 lb ground pork
- 3 C zucchini, medium dice
- 4 large eggs
- 1 ½ C cheddar cheese, shredded and divided
- ½ C full fat mayonnaise
- 1 T Dijon mustard
- ½ tsp dried sage
- ½ tsp dried thyme
- 1/2 tsp Cayenne pepper, more if you like heat & less if you don't



Preparation

1. Pre-heat oven to 375 F.
2. Lightly grease a casserole and set aside.
3. Melt ghee in a heavy bottomed skillet and sauté onion until it softens.
4. Add the ground sausage to the skillet and continue to sauté for 3 more minutes, breaking up the chunks of meat as you stir.
5. Add the cabbage to the skillet and sprinkle in the sage, thyme and cayenne. Continue to sauté for 5 more minutes or until the cabbage is almost cooked and the pork is beginning to brown.
6. Add the zucchini and sauté for a few more minutes until the mixture is completely cooked. Remove from the heat and transfer to the prepared casserole dish. Set aside.
7. Whisk eggs, mayonnaise, mustard, pepper and salt until well blended.
8. Combine 1 C of the grated cheese with the egg mixture and pour over the sausage mixture in the casserole.
9. Top with the remaining cheese and place the casserole on the middle rack of the pre-heated oven. Bake for 25 minutes and serve immediately.

Serves 4



Cheddar Waffles

It may be worth investing in a waffle iron if you don't already own one. These savory cheddar waffles will add a whole new taste experience to your breakfast routine. Eat them slathered with butter or cut the waffle in half and use like bread for a sandwich with bacon as the filling.

Ingredients

- 1 1/3 C coconut flour
- 4 tsp baking powder
- 1 tsp dried ground sage
- 1/2 tsp pink Himalayan salt flakes
- 1/4 tsp garlic powder
- 2 C canned full fat coconut milk
- 2 whole eggs
- 1 C cheddar cheese, shredded
- 1/2 cup water
- 3 T coconut oil, melted





Preparation

1. Pre-heat the waffle iron.
2. Whisk coconut flour, baking powder, sage and salt until well blended.
3. In a separate bowl whisk the coconut milk, eggs and water until frothy. Pour into the dry ingredients and stir to form a batter. Mix in the cheese with a few swift strokes.
4. Grease the top and bottom panels of the waffle iron with the melted coconut oil. Spoon the batter evenly onto all sections of the waffle maker spreading it around evenly.
5. Close the iron and cook the waffle until steam stops rising from the machine and the top opens easily without sticking to the waffle. Serve immediately.

Serves 1



Lemon & Poppy Seed Muffins: Keto of Course!

Lemon and poppy seed muffins are a classic treat, along with a nice strong cup of freshly made coffee. You can enjoy this keto version, split in half with soft butter melting into the muffin first thing in the morning or later in the day for a mid-afternoon snack.

Ingredients

- 1 cup almond flour
- ¼ cup flaxseed meal
- 1 ½ tsp baking powder
- 1/3 cup erythritol
- 2 T poppy seeds
- 3 large eggs
- ¼ C heavy cream
- 1 tsp pure vanilla extract
- Zest of 1 lemon
- 3 T fresh lemon juice
- ½ C butter, melted
- 25 drops liquid stevia (or sweetener to taste)





Preparation

1. Pre-heat oven to 350 F.
2. In a bowl, combine almond flour, flaxseed meal, baking powder erythritol, and poppy seeds.
3. In a separate bowl whisk eggs, heavy cream and vanilla until frothy. Stir in the lemon zest, lemon juice and liquid stevia. Add the melted butter and stir until well combined.
4. Combine the wet mixture with the dry mixture in a few swift strokes.
5. Spoon the batter into a non-stick 12 section muffin tin. Bake on the middle rack of the pre-heated oven for 18-20 minutes or until a metal skewer inserted into one of the muffins comes out clean.
6. Take out of the oven and let cool for about 10 minutes on a wire rack. Remove muffins from the baking tin and enjoy.

Serves 12



Pepperoni, Parmesan & Spinach Frittata

The flavors in this frittata may remind you of a pepperoni pizza. Rich ricotta and plenty of Parmesan mixed into the egg add gooey cheesiness while the pepperoni and mozza topping are unmistakably inspired by Italian pizza.

Ingredients

- 9 oz frozen spinach
- 12 large eggs
- 4 T extra virgin olive oil
- ¼ tsp nutmeg
- 1 tsp garlic powder
- 1 C full fat ricotta cheese
- 1C Parmesan cheese, finely grated
- Grinding of Pink Himalayan salt and black pepper
- ½ C mozzarella cheese
- ¼ lb of sliced pepperoni

Preparation

1. Pre-heat oven to 375 F.
2. Microwave the frozen spinach for 3-4 minutes. Squeeze out the excess moisture from the spinach and set aside.
3. Whisk eggs, olive oil, nutmeg, garlic powder, salt and pepper until frothy. Stir in the spinach, ricotta, and Parmesan.
4. Pour the mixture into a lightly greased cast iron skillet. Sprinkle the mozzarella over- top and layer on the pepperoni slices.
5. Place skillet on the middle rack of the pre-heated oven and bake for 25 minutes or until the egg mixture has set and the cheese topping is lightly browned. Remove from the oven and serve.

Serves 4



Savory Sausage Breakfast Squares

Enjoy these savory squares hot from the oven at breakfast time or for lunch. The left-overs (if you have any) can be frozen, individually wrapped, for re-heating in the microwave on a busy day.

Ingredients

- 1 lb breakfast sausage
- 8 large eggs
- 2/3 C cheddar cheese, shredded
- 5 T keto Maple Syrup
- ¼ C butter, melted
- 1 C almond flour
- 1/2 C flaxseed meal
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp sage
- ½ tsp thyme
- Pink Himalayan salt and ground black pepper



Preparation

1. Pre-heat oven to 350F.
2. Heat a heavy bottomed skillet over medium high heat and add the breakfast sausage. Saute while breaking up the chunks until the meat is cooked through and browned nicely. Set aside.
3. Whisk eggs until frothy and stir in the melted butter and cheddar cheese.
4. In a separate bowl, combine the almond flour, flaxseed meal, onion powder, sage thyme and salt & pepper.
5. Pour the egg mixture into the dry ingredients and combine with a few swift strokes.
6. Add 3 T of the keto syrup and the cooked sausage mix until blended.
7. Spoon the batter into a lightly greased 9" x 9" baking dish pan and drizzle the remaining syrup over-top. Place the casserole in the oven and bake for 50 minutes or until a metal skewer, inserted into the middle comes out clean.
8. Allow to cool on a wire rack for 5 minutes before cutting into squares and serving.

Serves 4



Chocolate Pumpkin Muffins

Moist and tasty, these muffins can be thrown together quickly for a morning treat or an afternoon snack.

Ingredients

- 1 C flaxseed meal
- ½ C cocoa powder
- 1 T cinnamon
- ½ T baking powder
- ½ tsp pink Himalayan salt flakes
- 2 eggs
- 2 T coconut oil, melted
- ½ C sugar-free caramel syrup
- ½ C pumpkin puree
- 1 ½ tsp vanilla extract
- 1 ½ tsp apple cider vinegar
- ¼ C slivered almonds



Ingredients

1. Pre-heat oven to 350 F.
2. Whisk flaxseed meal, cocoa powder, cinnamon and baking powder, salt & pepper.
3. In a separate bowl combine the remaining ingredients, except the almonds, and stir until well blended.
4. Combine the wet and dry ingredients and mix well.
5. Line a muffin tin with 6 paper cups and spoon an equal amount of the batter into each cup. Sprinkle the slivered almonds on the top of each muffin.
6. Bake on the middle rack of the pre-heated oven for 15 minutes or until a metal skewer inserted into one of the muffins comes out clean.

Serves 6



Breakfast Tacos

Taco shells made from cheese make these breakfast tacos totally keto. Change up the fillings to create a flavor profile of your choice and eat tacos in the morning, afternoon and evening. They're perfect for any time of day (or night!).

Ingredients

- 1 C mozzarella cheese, shredded
- 6 large eggs
- 2 T butter
- 4 strips bacon, fried until brown and crispy
- 1 ripe avocado
- 1 oz cheddar cheese, shredded
- 1 tsp fresh cilantro, chopped
- A few drops of hot sauce, more if you like heat
- Grinding of pink Himalayan salt and black pepper

Preparation

1. Melt 1/3 cup of mozzarella over medium high heat in a small, heavy bottomed non-stick skillet. When the cheese is browned on the edges, use tongs to remove the cheese round from the pan. Drape it over the handle of a wooden spoon which has been suspended over a bowl. The cheese round will harden into a taco shaped shell as it cools. Repeat, making three tacos in total.
2. Whisk eggs then melt butter in a skillet over medium high heat. Scramble the eggs; remove from heat and season with salt and pepper.
3. Spoon a third of the scrambled eggs into each taco shell then divide the avocado slices and bacon equally amongst the tacos. Sprinkle on the cheddar cheese and garnish with the cilantro. Shake a few drops of hot sauce over-top if you want some heat. Serve and enjoy!

Serves 3



Morning Pizza!

We love to experiment using crispy savory waffles. This version is a family favorite and what's not to love? Enjoy the flavors of your favorite pizza first thing in the morning!

Ingredients

- 4 large eggs
- 1T ghee, melted
- 4 T almond flour
- 1 T Psyllium husk powder
- 4 T Parmesan cheese, finely grated
- 1 ½ tsp baking powder
- 1 tsp Italian blend seasoning (basil, oregano, rosemary)
- ½ C sugar free tomato sauce
- 3 oz cheddar cheese
- Pink Himalayan salt and black pepper to taste

Preparation

1. Pre-heat the waffle iron.
2. Whisk eggs until frothy and stir in the ghee, psyllium husk powder, parmesan, baking powder and Italian blend seasoning.
3. Spoon half the batter onto the waffle iron, spread it around evenly and close the lid. Cook until the sides are brown and crispy and the waffle no longer sticks to the lid when lifted.
4. Place waffles on a foil lined baking sheet and top with tomato sauce and cheese. Run under the broiler for a few minutes or until the cheese is bubbly and lightly browned. Serve immediately

Serves 2



Peanut Butter Wonder

Okay ... This one's for the folks who put peanut butter on everything! We're hoping the rest of you will be adventures enough to give this layered breakfast burger a try. I was skeptical at first but now I'm a convert. The spicy pepper jack cheese adds a bit of heat that goes surprisingly well with this combo. If you are tired with the "same old, same old" breakfast routine, our Peanut Butter Wonder might just be what you've been seeking!

Ingredients

- 1 T butter
- 2 T peanut butter
- 2 flat sausage patties (2 oz. per patty)
- ½ C pepper jack cheese
- 2 large eggs
- Grinding of pink Himalayan salt and black pepper, to taste

Preparation

1. Blend the soft butter with peanut butter and set aside.
2. Fry the sausage patties in a heavy bottomed skillet over medium high heat, until nicely browned on one side. Flip and continue frying until the internal temperature of each patty reaches 165 F.
3. Sprinkle the pepper jack cheese on top of the sausage patties and cover with a lid until the cheese has melted. Remove from pan to separate plates.
4. Cook the eggs over easy, season with salt & pepper, and place one on top of each cheese covered sausage patty. Garnish with a good-sized blob of the peanut butter mixture and sprinkle the crumbled bacon on top. Serve immediately.

Serves 2



Keto-Friendly Spicy Cheddar Waffles

We know some folks deal with constipation when starting keto. If this is you, give these fiber-packed waffles a try. The psyllium and coconut flour keep it keto and, at the same time, pack a powerful amount of fiber into the diet. Not all brands of psyllium fiber are the same. Some may turn your waffles a slightly purplish color. This doesn't affect the taste though. If you shop around online and read the reviews you will be able to find psyllium that stays a nicer brownish color.

Ingredients

- 3 large eggs
- 1 T coconut flour
- 1 tsp Psyllium husk powder
- 1 tsp baking powder
- 4 oz cream cheese, softened
- 2 oz cheddar cheese, shredded
- 1 small jalapeno pepper, fine dice
- Grinding of pink Himalayan salt and black pepper, to taste

Preparation

1. Pre-heat the waffle iron.
2. Blend all ingredients using a food processor or blender until the batter is smooth.
3. Pour on the batter onto the waffle iron and spread it around evenly. Close the lid and leave for 5 – 6 minutes. The waffle is done when the edges are brown and crispy and the waffle no longer sticks to the lid.
4. Serve immediately with your favorite toppings on the side.

Serves 2



Morning Donuts (no kidding!)

We've added two classic breakfast flavors to these sweet morning confections; maple and bacon! There's not much more to say except; make them, eat them and enjoy!

Ingredients

- 2 maple flavored bacon strips, cooked until crispy & crumbled
- 4 T almond flour
- 2 T coconut flour
- 1 tsp baking powder
- ½ tsp xanthan gum
- 4 oz cream cheese
- 4 large eggs
- 1 tsp pure vanilla extract
- 1 tsp maple extract
- 4 T erythritol
- 10 drops liquid stevia



Preparation

1. Pre-heat oven to 350 F.
2. Whisk bacon crumbs, almond flour, coconut flour, baking powder and xanthan gum. Set aside.
3. Blend the remaining ingredients using a food processor or blender.
4. Add the dry ingredients to the wet mixture and combine with a few swift strokes.
5. Spray a donut tin lightly with oil and spoon the batter into the rings filling them about half way.
6. Bake on the middle rack of the pre-heated oven for 15 – 20 minutes or until a metal skewer inserted into one of the rings comes out clean. You may have to repeat the baking process with remaining batter; depending on the size of rings in your tin.
7. Allow donuts to cool for a few minutes in the tin before removing to a wire rack. Some people like to drizzle a small amount of keto maple syrup mixed with powdered Xylitol over-top the donuts to create a glaze at this point; but that's optional!



Bacon & Cheese Omelet

Omelets are a staple menu item in the keto lifestyle. We are filling this omelet with chives, bacon and cheese but you can customize your own omelet with fillings of your choice. We eat omelets in the morning for breakfast or at lunch with a salad on the side for an easy meal.

Ingredients

- 2 bacon slices
- 2 large eggs
- 2 T heavy cream
- 1 oz cheddar cheese, shredded
- 1 ½ tsp chives, minced
- Grinding of pink Himalayan salt & black pepper

Preparation

1. Whisk eggs and cream. Set aside.
2. Fry bacon strips in a small, heavy bottomed skillet over medium high heat until crispy and browned on both sides. Remove from the pan and crumble when cool enough to handle. Set aside.
3. Pour the egg mixture into the hot skillet. Adjust the heat under the skillet to medium, season the top of the egg mixture with salt & pepper, and sprinkle the chives over-top. Cover the skillet with a lid and cook until the egg is set. You can lift up the edges of the egg to allow any excess egg mixture to flow beneath the already cooked egg if necessary.
4. When the egg has set and is almost cooked all the way through sprinkle the bacon crumbles and shredded cheddar over one half on the omelet. Flip the other half over the filling and continue cooking for about ½ a minute until the cheese has melted. Remove to a plate and serve immediately.



The background of the entire image is a solid red color. Overlaid on this background is a repeating pattern of faint, white line-art illustrations of various food items. These include vegetables like carrots, leafy greens, and mushrooms, as well as fruits like lemons and berries. There are also illustrations of bread, a bowl of soup, and other kitchen-related items. The text 'Keto Breakfast Recipes' is centered in the middle of the image in a large, white, sans-serif font. The word 'Keto' is on the first line, 'Breakfast' is on the second line, and 'Recipes' is on the third line, which is significantly larger than the others.

Keto Breakfast Recipes