

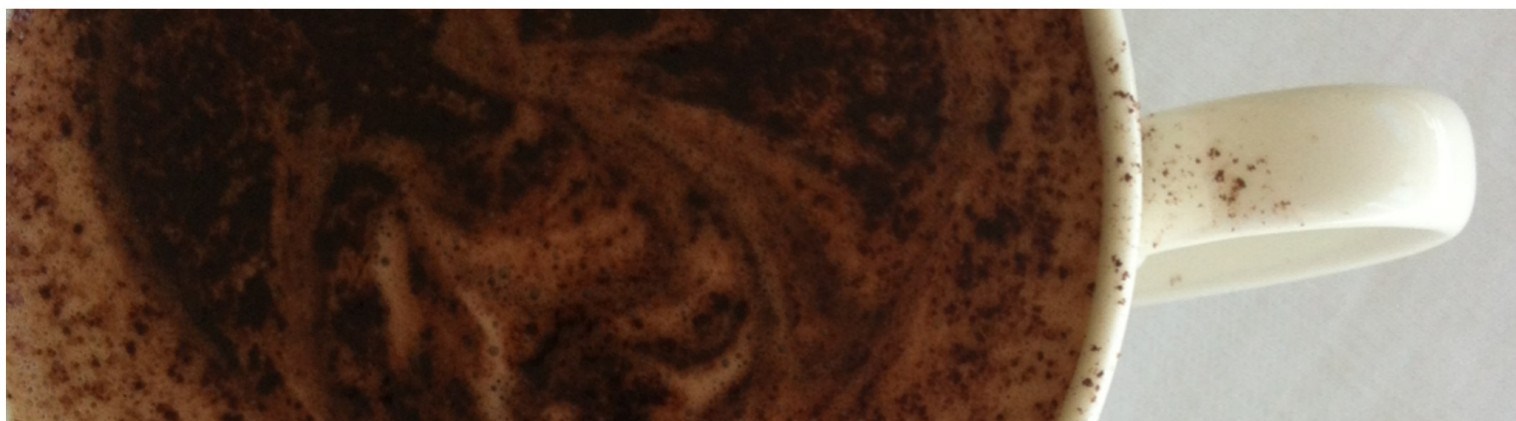


Breakfast

20 great recipes

by vketo

*nutritious
vegetarian
LCHF
quick & easy
sugar-free
paleo friendly
with vegan options*



Contents

Apple Flax Muffins (dairy free)	4
Blueberry Pancakes	5
Bulletproof Mocha (vegan option)	6
Cheese Danishes	7
Chocolate Chia Porridge (vegan)	8
Coconut Breakfast Smoothie (vegan)	9
English Muffin (dairy free option)	10
Everyday Omelette	11
Five-Minute Cranberry Bagel (dairy free)	12
Flaxseed French Toast (dairy free option)	13
Green Smoothie (vegan)	14
Keto Cereal (vegan)	15
Low-Carb Bread (vegan)	16
Miso Mushrooms (vegan)	17
Oeufs en Cocotte	18
Pecan Butter (vegan)	19
Poached Duck Eggs & Wilted Greens (dairy free)	20
Sugar-free Cranberry Jam (vegan)	21
Tofu Scramble (vegan)	22
Waffles (dairy free)	23

Notes on Ingredients and Measurements

Almond milk:

Make sure to choose an unsweetened variety! Other low-carb milk can be substituted.

Chestnut flour:

Often available from Asian or gluten-free specialty stores.

Cocoa powder:

Check that the only ingredient is cocoa, with no added sugar.

Coconut cream:

Significantly thicker than coconut milk, this is a popular ingredient in Thai and Pacific cuisine. If you can't get your hands on any, let coconut milk sit in the fridge overnight, then skim off the thickest part, which will rise to the top.

Flaxseed, also known as linseed:

I buy my seeds whole, then grind them myself with a very cheap coffee grinder which is used only for this purpose. Once ground, flaxmeal goes off quickly, so be careful when buying it, and keep it in the fridge.

Grated cheese:

Sometimes starch is added, to stop the cheese from sticking together. Check the ingredients before you buy.

Matcha powder:

A bitter, powdered green tea, available from specialty tea stores.

Miso paste:

A delicious savoury paste, available in the international aisle of most supermarkets or in Asian food stores.

Peanut butter:

Make sure that the only ingredients are peanuts and, optionally, salt. Many manufacturers add sugar and low-quality oil.

Psyllium husk powder:

Not to be confused with whole psyllium husks. Can be ground at home.

Sweetener:

My sweetener of choice is erythritol, for its taste and its minimal impact on blood sugar, and all of the measurements given in this book are for erythritol or a comparable granulated sweetener. However, you could just as easily use stevia or any other sweetener, if you convert the amounts.

Wheat gluten:

This is wheat flour, with all of the starch washed out, leaving only the protein. This can also be used to make seitan, a vegetarian meat substitute.

Measurement conversion table

Tbsp = tablespoon = 15mL = 0.5fl oz.

tsp = teaspoon = 5mL = 0.2fl oz.

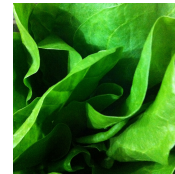
cup = 250mL = 8.5fl oz.

100g = 100 grams = 3.5 oz.

160°C=320°F, 180°C=350°F, 200°C=400°F

Thank you so much for taking the time to download this book. I hope you find it useful.

I couldn't have made this without the constant & inspiring support of the vegetarian, vegan, & keto tumblr communities. Thanks so much, friends.



If you'd like to see more recipes like this, check out:

<http://vketo.tumblr.com/tagged/recipes>

If you'd like more information about ketogenic or LCHF research, I recommend the works of Stephen Phinney, Jeff Volek, and Gary Taubes, among many others. As with any way of being, this is not for everyone, but many people have found that it's right for them.

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Apple Flax Muffins (*dairy free*)

These muffins are among my proudest cooking achievements. The texture is firm but light, neither too chewy nor too crumbly, and the apple chunks are cooked enough to be soft, but still retain their bite. This recipe keeps the muffins quite small, perfect for handbags/lunchboxes, but if you want to make them bigger, follow your heart.

Ingredients

⅔ cup finely-ground flaxseed
1 tsp baking powder
½ tsp cinnamon
1 tsp powdered ginger
1½ Tbsp sweetener
2 Tbsp smooth peanut butter (or Pecan Butter)
2 eggs
¼ cup strong tea, cooled (chai, english breakfast or berry are all good choices), or other liquid, e.g. almond milk
½ medium apple, peeled, cored, finely diced
Optional: nuts, chocolate chips, or berries could be added with the apple.



Nutrition

per serving (recipe makes 6)
Net Carbs: 2g
Fat: 10g
-Saturated: 2g
-Monounsaturated: 3g
-Polyunsaturated: 5g
Protein: 6g
Fibre: 4g

Instructions

1. Preheat your oven to 180°C. Grease a six-hole muffin pan.
2. Combine all the dry ingredients, then stir in the peanut butter, eggs, and liquid.
3. When the batter is smooth, stir in the apple.
4. Spoon the mix evenly into the prepared muffin pan.
5. Bake until the tops are high & firm, about 15 minutes. Do a skewer test if you have doubts.
6. Cool on a rack. They're great on their own, or you could try serving them with softened butter, Sugar-free Cranberry Jam, cream cheese, or more nut butter. Best when fresh.

Variation: if you're cooking for someone with a nut allergy, you can use 1 Tbsp coconut cream + 1 Tbsp coconut oil instead of peanut butter.



Blueberry Pancakes

It's not often that I have the opportunity to use chestnut flour, but I never regret it when I do. There's a real sturdiness to it, and at the same time an intrinsic sweetness, not unlike coconut flour. When it combines with cream cheese and egg, the resulting flavour is custardy and smooth, with a clean crumb and natural yellow colour. Here, this creates a memorable contrast with the fresh purple of juicy blueberries.

Ingredients

1 tsp butter
1½ Tbsp cream cheese, softened
1 egg
1 Tbsp sifted chestnut flour (or almond flour)
2 tsp coconut flour
⅓ tsp baking powder
1 tsp sweetener
¼ cup blueberries, either fresh or frozen, thawed, and drained



Nutrition

Net Carbs: 10g
Fat: 17g
-Saturated: 10g
-Monounsaturated: 5g
-Polyunsaturated: 1g
Protein: 9g
Fibre: 4g

Instructions

1. Melt the butter in a non-stick pan on medium heat.
2. Vigorously mix all the other ingredients in a medium bowl.
3. Pour the mixture into your pan. This should make 2-3 pancakes.
4. Flip when the bubbles on the upper side stay open, and then cook for another minute or so.
5. Serve with coconut cream, berries, yoghurt, butter, or anything you can think of.



Variation: this batter also works well for mini-pancakes, whether Dutch poffertjes, spherical Danish ebelskivers, or other international variants. If you have the right kind of pan, try it out - maybe even with a filling like chocolate ganache or Sugar-free Cranberry Jam.

Bulletproof Mocha (*vegan option*)

Bulletproof drinks can be a hard sell for people who've never tried them. Let me explain. When these ingredients are blended together, something amazing happens. The oil, mixing through the hot liquid, turns it rich and smooth, and a layer of milky foam gathers at the top, much like a latte. The end result is a drink that resembles your morning coffee, but which gives you the fuel you need to make it to lunch.

Ingredients

¾ cup very hot coffee (instant is fine)
2 tsp sweetener
10g 90% dark chocolate (or darker)
scant ¼ cup almond milk, hot
1 Tbsp coconut oil
1 Tbsp butter (or another Tbsp coconut oil)
Cocoa, for dusting (optional)

Nutrition

Net Carbs: 3g
Fat: 30g
-Saturated: 22g
-Monounsaturated: 6g
-Polyunsaturated: 1g
Protein: 1g
Fibre: 1g

Instructions

1. Combine all the ingredients in a blender, or use a high-sided container with an immersion blender.
2. Leave for a minute, until the oil, butter, and chocolate are melted.
3. Blend until combined and foamy, about 30 seconds.
4. Serve immediately.

Variation: try adding sugar free syrups, flavours, spices and essences to make this drink extra special. You could also forgo the coffee in favour of a (strong!) herbal tea, matcha, plain hot chocolate, or chai. If you want something more filling, try replacing the almond milk with cream or coconut cream.



Cheese Danishes

These are so luxurious, you could serve them as breakfast or dessert. The chewy texture is infused with subtle cheesy flavour, and the tangy Sugar-free Cranberry Jam helps to bring out all of the dough's soft sweetness. Served with thick greek yoghurt and a creamy coffee, these make a perfect breakfast for lazy saturday mornings.

Ingredients

Dough:

1 Tbsp coconut oil, melted
1½ cups grated mozzarella
¼ cup almond flour
2 Tbsp coconut flour
½ tsp baking powder
2 Tbsp sweetener
Seeds of ½ a vanilla pod, or ½ tsp vanilla essence
1 egg

Filling:

6 tsp cream cheese
6 tsp Sugar-free Cranberry Jam

Nutrition

per serving, assuming you make 6

Net Carbs: 2g
Fat: 15g
-Saturated: 8g
-Monounsaturated: 5g
-Polyunsaturated: 1g
Protein: 10g
Fibre: 2g

Instructions

1. Preheat your oven to 200°C. Grease a baking tray.
2. In a reasonably medium-sized bowl, microwave the mozzarella on medium heat until melted. Be careful not to overheat!
3. Pour the dry ingredients onto the cheese, then add all the rest. Mix with a spoon, or you can knead it with a clean hand.
4. Return to the microwave for ten seconds on high, then mix again. Repeat once.
5. Divide your dough into six rounds, or any other shape that you want. Place on the baking tray.
6. Wet your finger or a spoon, and make a little hollow in each danish, where you can put 1 tsp of cream cheese and 1 tsp of Sugar-free Cranberry Jam.
7. When all the danishes are decorated, bake them for 12-15 minutes, or until their edges are golden-brown.



Chocolate Chia Porridge (*vegan*)

Some days, you just want the kind of breakfast that'll make you feel cosy from the inside out. This is warm, satisfying comfort food, made luxurious by the cocoa and peanut butter. An excellent beginning to a wintry day.

Ingredients

¼ cup coconut cream, mixed with 1 cup water
(or any 1¼ cup of liquid, such as almond/
coconut milk, herbal tea, or berry juice)
2 Tbsp (30mL) chia seeds
2 Tbsp cocoa powder
½ Tbsp sweetener
2 Tbsp peanut butter (or Pecan Butter)
1 Tbsp finely ground flaxseed
Nuts, berries, and coconut cream to garnish, if
desired.

Nutrition

(*without garnishes*)

Net Carbs: 10g

Fat: 41g

-Saturated: 17g

-Monounsaturated: 11g

-Polyunsaturated: 11g

Protein: 19g

Fibre: 16g

Instructions

1. Pour the liquid, chia seeds, cocoa and sweetener into a saucepan, and stir briskly with a fork or whisk for 30 seconds.
2. Cover the pan, and place on low heat, mixing again every few minutes.
3. Simmer for half an hour, or until the chia seeds are swollen to your liking. If it becomes too dry, add water; if it's too wet, leave the lid off for a minute or two.
4. Turn off the heat, and add the peanut butter. It will melt quickly, so you can stir it through.
5. Finally, mix through the ground flaxseed. This will thicken the porridge, and give it a hearty texture.
6. Serve hot, topped with anything you want; I especially recommend fruit, nuts, coconut cream, coconut flakes, mint leaves, or dark chocolate.



Coconut Breakfast Smoothie (vegan)

If you want to drink your breakfast, this is a great option. The cocoa and nut butter create a deep, luscious chocolate flavour, while the coconut cream and berries keep it fresh and cool. You might want to keep a few of these bottled in the fridge, for hectic mornings or warm afternoons.

Ingredients

½ cup coconut cream
½ cup strong tea, cooled (or other liquid)
2 Tbsp cocoa
1 Tbsp Sugar-Free Cranberry Jam (or 1
handful of berries & 1 tsp sweetener)
1 Tbsp Pecan Butter (or other nut butter)

Optional: protein powder, dark chocolate flakes

Nutrition

Net Carbs: 4g
Fat: 35g
-Saturated: 24g
-Monounsaturated: 5g
-Polyunsaturated: 3g
Protein: 8g
Fibre: 4g

Instructions

1. Blend all ingredients together with a food processor or immersion blender.
2. Pour out into a glass or other container.
3. Enjoy. You deserve to be happy.



English Muffin *(dairy free option)*

One of the simplest and quickest recipes in this book, this muffin is a perfect base for eggs benedict or a mushroom burger, but is also delicious with butter or Sugar-free Cranberry Jam. With a subtle yet unmistakable coconut flavour and a fluffy, bread-like texture, this is a delicious and useful recipe to have up your sleeve.

Ingredients

½ Tbsp butter or coconut oil, melted
1 Tbsp coconut flour
½ tsp baking powder
1 egg
1 Tbsp almond milk (or water/broth/etc)
a little extra butter/coconut oil, for frying

Nutrition

Net Carbs: 1g
Fat: 14g
-Saturated: 8g
-Monounsaturated: 4g
-Polyunsaturated: 1g
Protein: 7g
Fibre: 3g

Instructions

1. Combine all the ingredients in a microwaveable ramekin, and microwave on high for 50 seconds, or until firm in the centre.
2. As it cooks, heat the extra butter in a frying pan on medium heat.
3. Removing from the ramekin, slice the muffin in half so you have two smaller muffins.
4. Fry your muffins until golden on each side. Serve warm. You can also skip the frying step, and put them in a toaster instead.



Everyday Omelette

A good omelette is an essential recipe for any chef to master, and everyone has their own take on how to do it best. Here's my own humble contribution, full of dark brown fried mushrooms and melting cheese, and spinach that cooks only enough to soften, while retaining its vibrant green colour.

Ingredients

1 tsp avocado oil
3 medium-sized mushrooms, chopped
½ cup spinach, torn
2 eggs
20g mozzarella, &
20g parmesan (or cheeses of choice)

Nutrition

Net Carbs: 5g
Fat: 27g
-Saturated: 12g
-Monounsaturated: 12g
-Polyunsaturated: 2g
Protein: 28g
Fibre: 1g
Also a good source of:
Potassium: 372mg

Instructions

1. Warm the avocado oil in a small nonstick pan on medium heat.
2. Start the mushrooms frying. While you wait, whisk the eggs together in a small bowl.
3. When the mushrooms are browned to your liking, pour the eggs over the top, then jiggle the saucepan, to bring up any air bubbles.
4. Before the eggs can get firm, put the torn spinach on top, and press them down into the liquid eggs with your heat-proof spatula.
5. Layer your cheeses on top. If you put them on only one half, the next step will be easier.
6. When the eggs are quite firm and the cheese has melted, gently work your spatula under one side of the omelette, lift carefully, and fold over the other side, creating a half-circle when viewed from above.
7. If the egg's still a bit wet, you might want to let it cook a little more on each side.
8. Serve hot, with salt and pepper. Avocado and sour cream both go very well with this.



Variation: try adding some pesto, cream cheese, or olive tapenade along with the cheese in step 5. You can also try including other vegetables with the mushrooms, such as broccoli, cauliflower, cherry tomatoes, or zucchini.

Five-Minute Cranberry Bagel (*dairy free*)

This soft, chewy bagel is amazingly airy and moist, especially considering that it only takes five minutes to make. The quiet coconut undertones of the bun serve as a subtle backdrop for the brighter flavour of dried cranberry, and the colourful flecks of red are delightfully festive. It's best served warm, with butter or cream cheese; but it's also robust enough to take a heavier topping, such as egg. When halved and toasted, its outsides gain a lovely crunch.

Ingredients

1 Tbsp coconut flour
½ Tbsp psyllium husk powder
1 tsp sweetener
¼ tsp baking powder
2 Tbsp water
1 egg
1 Tbsp dried cranberries, finely chopped

Nutrition

Net Carbs: 4g
Fat: 6g
-Saturated: 3g
-Monounsaturated: 2g
-Polyunsaturated: 1g
Protein: 7g
Fibre: 8g

Instructions

1. Mix together all the ingredients in a microwave-safe container, then let them sit for a minute.
2. Using a wet spoon (or your fingers), shape the dough into a ring, leaving extra space around the outside and in the middle, as shown. This dough almost doubles in size when cooking!



3. Microwave for 2 minutes on high, being aware that different microwaves might be slightly slower or quicker.
4. As soon as it's cooked, turn the bagel upside-down onto a cooling rack, and leave for 1 minute before slicing and serving.



Flaxseed French Toast (*dairy free option*)

Crispy on the outside and bread-like within, this toast has the ideal balance of salty and sweet. It's porous enough to soak up sauces (try it with Miso Mushrooms), and sturdy enough to cut into soldiers and dunk in soft-boiled eggs. The trick lies in the double cooking method: microwaving, to cook the inside, then frying the outside. The result is a filling, buttery, and versatile breakfast. And best of all, the whole recipe takes less than ten minutes to complete, making it an easy option for busy mornings.

Ingredients

½ Tbsp butter or coconut oil, melted
¼ cup finely ground flaxseed (golden is best)
⅓ tsp baking powder
1 tsp sweetener
1 egg
a pinch of cinnamon or mixed spice
an extra bit of butter or coconut oil, for frying

Nutrition

Net Carbs: 0g
Fat: 20g
-Saturated: 10g
-Monounsaturated: 6g
-Polyunsaturated: 3g
Protein: 15g
Fibre: 9g

Instructions

1. In a small microwave-proof container, mix the melted butter with the dry ingredients and egg.
2. Microwave on high for about forty seconds, or a minute, depending on your microwave. It needs to cook until the middle of the top is no longer wet, though the colour won't change much at this stage.
3. While it's cooking, put your frying butter into a pan, and melt on medium heat.
4. Slice your microwave cake into strips, and then lightly fry both sides, until golden and crispy. Serve fresh, with anything you'd like; I especially recommend soft-boiled eggs, or whipped cream and slivered apple, as shown.



Green Smoothie (vegan)

Not only will this nutritious smoothie make you feel healthy and virtuous all day, it's also creamy, sweet, and layered with subtle flavour. From the quiet, earthy tang of spinach through the natural, fresh sweetness of coconut cream and the hint of bitter matcha, this dessert-like smoothie is a satisfying breakfast for every season.



Ingredients

1 Tbsp boiling water
1 tsp matcha powder
2 tsp sweetener
1 cup spinach (I use baby spinach, which is softer)
½ medium avocado
⅓ cup coconut cream

Optional: ¼ or ½ tsp spirulina powder, protein powder, ice, almond milk

Nutrition

Net Carbs: 5g
Fat: 30g
-Saturated: 17g
-Monounsaturated: 11g
-Polyunsaturated: 2g
Protein: 6g
Fibre: 10g
Also a good source of:
Potassium: 1192mg
Vitamin A: 243 µg

Instructions

1. Dissolve the matcha and sweetener in the boiling water.
2. Combine all the ingredients in a blender or food processor, and blend until smooth. If it's too thick, add some almond milk or water.
3. Taste the smoothie, and add more sweetener if you want, blending to combine.
4. Scrape it all into a glass, and mark the top with coconut cream or a sprinkle of matcha if you want.



Keto Cereal (vegan)

This cereal is really special. The smoky depths of cocoa beans resonate beneath the buttery softness of walnuts, all accompanied by a satisfying double-crunch from the almonds and coconut flakes. When you add in the coolness of almond milk, you find yourself with a breakfast equal parts refreshing and filling.

Ingredients

2 Tbsp coconut oil
1 cup raw almonds, chopped
1 cup walnuts, chopped
2 Tbsp cocoa beans, peeled & chopped (optional)
1 cup coconut flakes
2 tsp sweetener
a generous pinch of salt
cinnamon & mixed spice to taste
Optional: almond milk, to serve
Also try other nuts, seeds, dark chocolate, matcha powder, or a few dried berries



Nutrition

for each of 8 servings
Net Carbs: 2g
Fat: 31g
-Saturated: 11g
-Monounsaturated: 10g
-Polyunsaturated: 10g
Protein: 7g
Fibre: 3g

Instructions

1. Melt the coconut oil in a medium nonstick pan on low-medium heat.
2. Start the almonds frying, stirring every thirty seconds (ish) so they don't burn. After a few minutes, when they're fragrant and pale gold, add the walnuts and cocoa beans. Keep stirring regularly.
3. After another minute or two, add the spices, sweetener, salt, and coconut, stirring them through. Careful now, because the coconut is very quick to burn!
4. Scrape out all the hot crispy goodness onto a tray where it can cool. Serve fresh, with coconut or almond milk; or leave to cool, store at room temperature, and portion it out over the next few weeks. It's also great as a granola, on top of greek yoghurt or stewed rhubarb, or on Chocolate Chia Porridge.



Low-Carb Bread (vegan)

This loaf brings a lot to the table. With a chewy crust and a soft, stretchy centre, it could be used for a sandwich that won't fall apart, toasted and drizzled with garlic-infused olive oil, piled high with mashed avocado [as shown], dragged through soups and stews without losing its shape, buttered and cut into soldiers for soft-boiled eggs... Your possibilities are limitless. The flavour is mild, with a hint of sourdough, great for sweet or savoury toppings. This recipe makes one small loaf, but could easily be doubled. You could also experiment with bread rolls, plaits, knots, and buns.

Ingredients

8g instant dry yeast (1 sachet)
¾ cup wheat gluten (also sold as vital wheat protein)
½ cup almond flour
⅓ cup ground flaxseed
1 Tbsp smooth peanut butter
2 Tbsp mashed avocado
⅔ cup warm water or vegetable broth
For extra flavour: 1 Tbsp nutritional yeast & 2 tsp soy sauce



Nutrition

for each of 10 slices
Net Carbs: 2g
Fat: 5g
-Saturated: 1g
-Monounsaturated: 3g
-Polyunsaturated: 1g
Protein: 10g
Fibre: 2g

Instructions

1. Combine all ingredients in a large bowl, and knead for 3 minutes using a fork or a dough hook (it's too sticky for hands).
2. Cover, and leave to rise in a warm place. If you live in a cold climate, try placing a dark-coloured towel over the bowl and putting it in bright sunlight; or you can place your bowl inside a larger bowl or sink, and fill the larger bowl with warm water (we're talking bath-warm, not tea-warm). Maybe take a photo of the dough at this point, to compare in the next step.
3. When the mixture has doubled in size (about an hour), punch down on it with a wide spoon, and fork-knead again for 3 minutes.
4. Put the dough in whatever pan (or shape) you want to cook it in, and return it to the warm place to rise again. At some point, preheat your oven to 160°C.
5. When the dough has doubled in size again (an hour, maybe 2), slide the pan into the oven, and cook for between 30 and 45 minutes, depending on the shape. You can tell when it's done by the golden crust, and by knocking on the middle with a metal spoon- if it sounds hollow, it's ready.
6. Turn out onto a rack, and let it cool a bit before slicing. Keep in an airtight container at room temperature, or slice and freeze for later toasting.



Note: this recipe works even better in a breadmaker. Just follow the manufacturer's instructions, and set it for a medium loaf with medium crust.

Miso Mushrooms (vegan)

This is a side dish that pairs well with eggs, Low Carb Bread, Tofu Scramble, or any of the savoury baking in this book. As the liquid reduces, it caramelises into a thick sauce, and in mixing with the flavour of mushrooms it creates a powerful umami experience.

Ingredients

½ Tbsp avocado oil
5-6 crimini or button mushrooms
1 Tbsp apple cider vinegar
½ Tbsp miso paste
1 tsp soy sauce



Nutrition

Net Carbs: 4g
Fat: 8g
-Saturated: 1g
-Monounsaturated: 5g
-Polyunsaturated: 1g
Protein: 4g
Fibre: 1g
Also a good source of:
Potassium: 254mg

Instructions

1. Set the oil to warm in a small & reliable frying pan, on medium heat.
2. Mix together the vinegar, miso paste, and soy sauce in a bowl or jug.
3. Set the mushrooms upside-down in the pan, as shown, and drizzle the sauce over them.
4. After a minute or two of frying, flip the mushrooms, and stir briefly to keep the sauce consistent.
5. When the undersides are cooked to your liking, serve at once.

Variation: use this sauce on other foods, such as broccoli, zucchini, or tofu, and cook them by frying, grilling or barbecuing. You can also toss this sauce with kale, top with cheese or nutritional yeast, and bake, for some delicious kale chips.



Oeufs en Cocotte

A twist on a classic french recipe, these baked eggs incorporate avocado and chilli flakes for colour and flair. The texture and brightness of the baked yolk, firm but moist, contrasts appealingly with the other flavours, and the warmth of the melting creme fraiche adds a welcome touch of luxury.

Ingredients

6 eggs
6 tsp creme fraiche
½ an avocado, cubed
chilli flakes, to garnish



Nutrition

for 2 eggs, or ⅓ of the total

Net Carbs: 1g

Fat: 14g

-Saturated: 6g

-Monounsaturated: 5g

-Polyunsaturated: 2g

Protein: 13g

Fibre: 1g

Instructions

1. Grease a six-hole muffin tray, and put it in the oven.
2. Preheat oven to 180°C.
3. When the oven and tray are hot, take out the tray and place it on a heatproof surface. Being careful of the hot metal, crack an egg into each hole, then add a teaspoon of creme fraiche and a little avocado to each one, using a spoon to press it down beneath the surface of the egg white.
4. Sprinkle chilli flakes over the top.
5. Bake until the centre is not too jiggly, and the white is definitely set, about 7-10 minutes.
6. Lift out carefully, and serve solo or with a generous slice of Low Carb Bread or Flaxseed French Toast.



Pecan Butter (vegan)

No store-bought nut butter can compare with the light, moist texture of one you make yourself, especially when it's still warm from the food processor. This one is creamy and rich, perfect on Low-Carb Bread with Sugar-free Cranberry Jam, mixed into a Coconut Breakfast Smoothie, or spread thickly on a square or two of very dark chocolate.

Ingredients

2 cups raw pecans
¼ cup raw almonds
¼ cup raw brazil nuts
2 Tbsp coconut oil
1 tsp cinnamon
1½ tsp salt

Nutrition

per serving (about 15g, or 1/25th of the total weight)

Net Carbs: ½g

Fat: 10g

-Saturated: 2g

-Monounsaturated: 5g

-Polyunsaturated: 3g

Protein: 2g

Fibre: 1g

Instructions

1. Place all ingredients into a powerful blender or food processor. This will be noisy.
2. Blend until the nutty crumbs stick up against the sides, then turn off the blender, scrape down the sides, and start it again. Continue like this, turning off the blender and scraping down the sides as necessary, until the nuts have formed a fine paste, which will take about ten minutes.
3. Store the mixture in a clean jar. In cold climates, it'll be fine on a shelf, but a fridge would be better in hotter weather.



Poached Duck Eggs & Wilted Greens (*dairy free*)

This dish is all about the creamy luxury of runny egg yolks, mixing with the warm, yielding greens, all supported by the robustness of a well-poached egg white. This would work with any kind of egg, but the yolks of ducks' eggs are much larger and darker than chickens' eggs, and they make this breakfast extra special.

Ingredients

1L water
a good splash of white vinegar, 2-3 Tbsp
½ Tbsp salt
2 duck eggs
2 cups leafy greens, such as spinach, watercress, rocket, chard, beet greens, etc.
1 Tbsp olive oil
pepper, salt, & chilli flakes for garnish

Nutrition

(calculated for 1 cup spinach & 1 cup watercress)

Net Carbs: 2g

Fat: 33g

-Saturated: 7g

-Monounsaturated: 19g

-Polyunsaturated: 3g

Protein: 20g

Fibre: 1g

Also a good source of:

Potassium: 590mg

Instructions

1. Boil the water, salt, and vinegar, in a medium-sized saucepan.
2. Crack the duck eggs into shallow cups, being careful not to break the yolks.
3. When the water is hot enough to make bubbles that ripple the surface, gently pour in the eggs, one at a time. Cover.
4. If you haven't already, prepare your leaves for blanching, and ready a strainer or colander over your sink.
5. When the egg whites are set (3-5 minutes), but before the yolks harden, gently rescue the eggs with a slotted spoon. Let the water drain off them, then arrange them on your plate.
6. Throw the leaves into the still-hot water, pushing them down. After 10-20 seconds, just enough to wilt the leaves, pour all of the water into the colander over the sink, straining the greens, then add them to your plate.
7. Drizzle with olive oil, and add salt, pepper, and chilli flakes to taste.



Sugar-free Cranberry Jam (vegan)

Tart and fresh, this jam is a flavourful addition to a range of dishes. Try spreading it on Low Carb Bread or English Muffins, adding it to smoothies or drizzling it over Keto Cereal. It really shines when united with a creamy brie cheese. A full batch, as I make it, usually yields about 350g.

Ingredients

400g cranberries (frozen or fresh)
100g blueberries (frozen or fresh)
 $\frac{2}{3}$ cup sweetener
juice of 2 lemons
generous pinch of salt

Nutrition

for one serving, 1/25th of the total, ~1 Tbsp

Net Carbs: 1g

Fat: 0g

-Saturated: 0g

-Monounsaturated: 0g

-Polyunsaturated: 0g

Protein: 0g

Fibre: 1g

Instructions

1. Defrost berries, if necessary, then blend in a food processor until smooth.
2. Empty berry puree into a medium saucepan, and add the other ingredients.
3. Stir on low heat, reducing, until you reach the desired thickness. Taste, and add more sweetener if you want.
4. Funnel into a sterile jar and seal. Store in the fridge, and use within 3 weeks.



Tofu Scramble (vegan)

Salty and filling, this protein-rich breakfast is a great way to start the day. This recipe makes the perfect amount for piling on one slice of toast, or on two halves of an English Muffin. If you want to add bulk, try throwing in some extra tofu, or finely diced mushrooms.

Ingredients

1 Tbsp avocado oil
100g firm tofu, crumbled
1½ Tbsp soy sauce
1 tsp miso paste
½ tsp garlic powder
½ tsp turmeric
½ tsp kelp pepper
½ Tbsp nutritional yeast

Nutrition

Net Carbs: 8g
Fat: 19g
-Saturated: 3g
-Monounsaturated: 11g
-Polyunsaturated: 4g
Protein: 15g
Fibre: 3g

Instructions

1. Put a small frying pan on medium heat. Add the oil, and make sure it coats the bottom of the pan.
2. Add the tofu, being careful not to splash yourself with oil.
3. While the tofu warms up, mix the miso paste into the soy sauce, then pour this liquid over the tofu and stir.
4. Add the garlic powder, turmeric, and kelp pepper, stirring to combine.
5. Take the pan off the heat, and stir in the nutritional yeast just prior to serving.



Waffles (*dairy free*)

I remember when our family first bought a waffle iron. It was like a new world opened up, a world of perfectly browned heart-shaped lattices, slathered in melting butter or topped with a half-moon scoop of ice-cream, for any meal of the day. That distinctive aroma of sweetly-fried goodness would fill our house several times a week, leading us to the kitchen like blissed-out cartoon characters, following our noses. This excitement need not be lost to anyone, and here is my best waffle recipe: low-carb, gluten-free, dairy-free, sugar-free, and with a nut-free alternative.

Ingredients

1 egg
1 Tbsp almond flour
1 tsp coconut flour
¼ tsp baking powder
1 tsp sweetener
1 Tbsp smooth peanut butter (or Pecan Butter)
1 Tbsp coconut cream
Optional: chocolate chips

Nutrition

Net Carbs: 2g
Fat: 20g
-Saturated: 6g
-Monounsaturated: 10g
-Polyunsaturated: 3g
Protein: 12g
Fibre: 3g

Instructions

1. Preheat a lightly greased waffle iron, according to the manufacturer's instructions.
2. While it heats, mix together all the ingredients in a bowl.
3. Pour the mixture into your waffle maker, close and cook until golden brown.
4. Cool on a rack, and serve with anything you want. I can highly recommend Sugar-free Cranberry Jam and Pecan Butter (as pictured), greek yoghurt and berries, or sweetener and lemon juice.

Nut-free variation: use 2 Tbsp of pumpkin puree instead of almond flour and peanut butter, and only use 1 tsp of coconut cream.

