

10 low carb breakfast ideas

[easy breakfast recipes with eggs](#)

In a large mug mix all the ingredients. Put the cup in the freezer for at least 2 hours. Pour the contents into a blender, mix a few seconds. Pour the contents into your cup and enjoy!

2. Smoked salmon roll, fresh cheese and cucumber

Preparation: 10 min

For 1 person:

- 1 slice of salmon
- A small cucumber
- 30 g of fromagefrais
- ½ lemon
- Dill
- Salt pepper

Wash, peel and cut into small pieces the cucumber. In a bowl, combine the fresh cheese, cucumber pieces, juice of ½ lemon, dill, salt and pepper to your liking. Spread the mixture over the whole slice of salmon. Roll the slice, cut the roll horizontally to form small rolls. You can taste!

3. Easy and fast low carb bread

Preparation time: 5 min

Cooking time: 1 min 30

For 1 person:

- 20 g of almond powder
- 8 g of coconut flour
- 20 g of butter
- ¼ c. to c. baking soda
- 1 egg

In a bowl mix almond powder, coconut flour and baking soda. Melt the butter and add it to the mixture. Add the egg and mix. Cook the preparation 1 minute 30 in the microwave oven.

To taste for example with butter, 1 slice of ham and some strawberries.

Another recipe in the same genre: The almond slab express

4. Homemade almond milk and avocado

Preparation time: 20 min

Refrigerator: 12 h

See the recipe: homemade almond milk

For this breakfast, enjoy 25 cl of milk with a avocado and 40 g of almonds.

5. The refreshing lemon cream

Preparation: 10 min

Cooking time: 35 min

Refrigerator: 2 h

For 1 person:

- 100 ml whole cream
- 1 egg yolk
- ½ lemon
- 2 g of sweetener

Preheat the oven to 180 ° C. In a saucepan, grate lemon zest, squeeze the juice and mix with the cream. Heat over low heat, while stirring to avoid that it hangs, the preparation will thicken. Cut the fire. In a bowl mix egg yolk and sweetener. Add the cream on top. Pour the mixture into a small pot. Cook in a bain-marie in the oven for 35 minutes. Place the pot in the fridge for 2 hours then enjoy!

This recipe comes from Keto Cuisine.

6. The paleomelette

Preparation time: 15 min

Cooking time: 10 min

For 1 person:

- 15 g candied tomatoes
- 20 g of white ham
- 50 g of Paris mushrooms
- 2 sprigs of parsley
- 3 eggs
- 15 g of sunflower seeds
- ½ onion
- 5 ml of olive oil
- Salt pepper

Chop tomatoes, ham, parsley and onion. Cut the mushrooms into 4. Sweat the onions. Sauté the mushrooms in the oil. Add the tomatoes, ham, sunflower seeds and parsley. In a bowl beat the eggs, season with salt and pepper to your liking. Cook in the filling. Roll the omelette and enjoy!

This recipe comes from Manger paleo.

7. The pancakes with coconut

Preparation time: 5 min

For 2 people :

- 2 eggs

- 25 g of coconut flour
- 25 g almond powder
- 2 g of baking powder
- 2 tbsp. to s. coconut milk
- 20 g of coconut oil

In a container mix all ingredients except coconut oil. In a pan put a little coconut oil before making each pancake. Then enjoy with red fruits!

8. Macadamia nut cookies

Preparation time: 15 min

Cooking time: 10 min

For 3 people:

- 125 g of hazelnut puree
- 1 egg
- 40 g Macadamia nuts
- 35 g of 90% dark chocolate chips

Preheat the oven to 180 ° C. Roughly crush the Macadamia nuts. Mix the hazelnut puree, the walnuts and the egg. Add the chocolate chips. Make small balls using 2 teaspoons, place them on a cold plate. Cook for 10 minutes at 180 ° C. Let cool slightly and enjoy!

9. Egg casserole with flax seeds and bacon bits

Preparation time: 5 min

Cooking time: 10 min

For 1 person:

- 1 egg
- 30 g of fresh cream
- 1 slice of smoked breast (20 g)
- 15 ml of oil
- 10 g of butter
- 5 g of flax seeds
- Flower of salt
- Pepper mill

Slice the bacon in length in three. Grill the three slices in a pan with the oil. Butter generously a ramekin. Alternate 1 tbsp. to s. cream, egg (out of the shell) and 1 tbsp. to s. of cream. Pierce the egg yolk delicately (do not let it spread out completely). Place the ramekin 20 seconds in the microwave (maximum power). Add salt and pepper to taste. Crush the flax seeds and sprinkle the egg with. Plant the grilled breasts in the egg and enjoy!

This recipe comes from Keto Cuisine.

10. Paleo cereals with cinnamon

Preparation: 10 min

Cooking time: 15 min

See the recipe: Paleo cereals with cinnamon

For this breakfast, pour 30 g of cereal in a bowl, and decorate the almond or coconut with some red fruits.