

130+ Keto Breakfast Recipes

<https://ketosummit.com/keto-breakfast-recipes>

This list contains the links to the recipes on the internet. We cannot write out the full recipes because they're not all our own recipes. We've indicated ingredients that each recipe contains so you know before clicking on the link if it'll work for you.

Keto Eggs

[Keto Green Eggs and Ham Muffins Recipe](#)

- Keto Summit

Ingredients: broccoli, eggs, ham, onion, canned coconut milk, salt, pepper, baking powder.

You don't need to be a kid to enjoy this keto green eggs and ham muffins recipe. Make them on Sunday to get a head start on a busy week.

[Classic Keto Eggs Benedict Recipe](#)

- Keto Summit

Ingredients: ham, poached eggs, almond flour, baking powder, salt, whole egg, ghee, spinach, olive oil, egg yolks, lemon juice, pepper.

Brunch can be a difficult undertaking on a keto diet. Many traditional brunch dishes have carbs and sugary treats as far as the eye can see. But you can make your own brunch masterpiece with this keto twist on the classic eggs benedict recipe, including toasted bread and hollandaise sauce!

[Keto Baked Scotch Eggs Recipe](#)

- Keto Summit

Ingredients: hard-boiled eggs, ground pork sausage (or ground pork and Italian seasoning), almond flour, flax or chia seeds, olive oil or avocado oil, salt, black pepper.

Scotch eggs are the ultimate pub food. But did you know you can easily make them keto-friendly with just a few minor modifications? Discover a new world of healthy pub food with this great keto scotch egg recipe!

[Keto Curried Eggs Recipe](#)

- Keto Summit

Ingredients: eggs, coconut oil, garlic, curry powder.

These keto curried eggs recipe is so quick to prepare! Grab a few hard-boiled eggs and you're halfway done already!

[Kale and Chives Egg Muffins](#)

- Paleo Flourish

Ingredients: eggs, almond or coconut milk, kale, chives, prosciutto (optional), salt and pepper.

Here is another great versatile recipe for a simple and tasty breakfast! They can be made as the recipe states, or you can line the muffin cups with prosciutto for an even better flavor. Don't worry if the family doesn't want kale for breakfast – you can swap it for spinach which a lot of people find easier to eat.

And in case you need another reason to eat eggs, Registered Nutritionist [Jo Lewin, RNutr](#) says, "Eggs are rich in several nutrients that promote heart health such as betaine and choline." The perfect food!

[Tea Eggs \(Cha Dan\)](#)

- Paleo Flourish

Ingredients: eggs, tea bags, salt, star anise, cinnamon, Szechuan peppercorns, black pepper, tamari or coconut aminos, water.

This recipe is based on Asian cuisine and usually includes the use of soy sauce, but if you are eating soy-free, this is the best way to experience these beautiful eggs without the additives. Imagine serving these at a party to impress your friends! Everyone will be intrigued to find out how you did this. To crack the egg shells, simply tap one side to break it then roll the eggs between your palms to continue the cracking effect all over.

[Guacamole Topped Scrambled Eggs Breakfast Recipe](#)

- Paleo Flourish

Ingredients: eggs, coconut oil, guacamole, salt.

This is a quick and easy breakfast to make, ideal for those of you who are short of time in the morning. Using guacamole increases the level of healthy fats in this dish and although the combination of guacamole and eggs may be a little unusual, give it a try – you will be surprised just how tasty it is!

[Perfect Scrambled Eggs](#)

- Paleo Flourish

Ingredients: eggs, coconut oil, salt.

If you have ever been served scrambled eggs in a hotel or restaurant, you have probably experienced the solid mass of cooked egg that can literally be sliced! Well here is what real scrambled egg should be like. The egg should not be a solid lump, but soft and succulent and a

perfect addition to any cooked breakfast. Give it a try and you will discover they are actually quite easy to make!

[Anytime Spring Soup with Poached Egg](#)

- Paleo Flourish

Ingredients: eggs, chicken broth, romaine lettuce, salt.

This soup is reminiscent of Asian soups and makes the perfect choice for a light and tasty breakfast, lunch or dinner! If you are not sure about soup at breakfast time then we suggest you try this one as it has a freshness and flavor that can set you up for the morning. If you prefer, you could add in some spices or herbs, but it is delicious as it is.

[Paleo Sausage Egg McMuffin](#)

- Nom Nom Paleo

Ingredients: ghee, pork breakfast sausage, eggs, salt, pepper, water, guacamole.

Here is another quick and easy recipe for breakfast that looks as good as it tastes. Again, you can play around with the seasoning, adding hot sauce to spice up the sausage meat. Because these look like a snack from a famous fast food outlet, they can also be attractive to the kids in the family and these would make sure they get off to a good start in the morning.

[Buffalo Chicken Egg Muffins](#)

- Balanced Bites

Ingredients: chicken thighs, garlic powder, salt, pepper, hot sauce, coconut oil, eggs, green onion.

This is another recipe that gives you the chance to use up leftover chicken! Thighs have more flavor but breast works well in these muffins too. They are simple to make and can be stored in the refrigerator for a few days, so it is an idea to make enough to have for several breakfasts or snacks.

[Bacon Frittata Muffins](#)

- Not Crocker

Ingredients: bacon, onion, garlic, zucchinis, bok choy heads, artichoke heart, eggs, ricotta cheese, heavy cream, salt, pepper, cayenne pepper, paprika.

Here is a tasty alternative for a healthy breakfast! Served individually, each in its own bacon cup, they are designed to be eaten with the fingers. This is why we recommend you chop the veggies small. Not only that but this way you can hide the vegetables from the kids and get them eating more without even noticing! Sneaky!

[Cauliflower Wraps](#)

- Empowered Sustenance

Ingredients: cauliflower, eggs, curry powder, salt.

This recipe is one of those basic ones that can be adjusted to suit your needs. For example, these wraps are light and fluffy when eaten straight away and make a great way to serve up your eggs in the morning. They can also be flavored with curry powder and used as a tearing bread along with curries and stews – the choice is yours.

[Eggs Poached in a Spiced Tomato Sauce](#)

- My Heart Beets

Ingredients: ghee, white onion, garlic cloves, Serrano pepper, bell pepper, tomatoes, cumin powder, paprika, Kashmiri chili powder, salt, pepper, eggs, cilantro.

This egg dish would be perfect for a chilly morning when you need a little spice to heat you up in the morning. It is so easy to make as it is cooked in one pot, so no need for too much

washing-up! The level of spice can be adjusted to suit your palate or try adding smoked paprika for a twist. These would also be great served in individual dishes as a starter for a dinner.

[Ground Beef, Eggs And Avocado Breakfast Bowl](#)

- The Healthy Foodie

Ingredients: onion, mushrooms, ground beef, salt, and pepper, smoked paprika, eggs, avocado, pitted black olives.

This is pure meatiness in a bowl – a fantastic way to fill you up in the morning and give you the energy to get through a busy day! Don't worry if you or your family members are not keen on olives – just leave them out or swap them for a different ingredient. This recipe can even be served on lettuce wraps for a simple lunchtime snack.

[Shirred Eggs with Sausage and Spinach](#)

- The Domestic Man

Ingredients: eggs, butter or ghee, cured pork (ham, prosciutto, pancetta), frozen spinach, bratwurst or other sausages, bacon, onion, red pepper, salt, and pepper.

There is something quite special about eggs served in individual cups – they look so appealing! With the addition of the sausage, these little tartlets are so tasty and satisfying that they could also be served for a lunchtime treat. These are also a great way to disguise the spinach and get the younger family members eating healthier!

[Breakfast Bacon, Sausage and Egg Bites](#)

- Occasional Faileo

Ingredients: eggs, Italian sausage, bacon, white onion.

The ingredients in these bites are typical of many a cooked breakfast, but you really can't beat the combination of flavors. This is a great way to start a busy day as they will keep your hunger

at bay until lunch. If you prefer a little bit more spice to liven things up, then choose a spicier sausage than the one used here.

[Paleo Breakfast Sausage Scotch Eggs](#)

- Steph Gaudreau

Ingredients: eggs, ground pork, gingerbread spice mix, salt, black pepper.

If you have tried scotch eggs before and found them a bit bland, then this is the recipe for you! The cinnamon adds a warming flavor and the spices make the ground meat much more special. When you bite into them, you experience the softness of the egg and these make a perfect dish for a hearty breakfast. These are also perfect as party food as they can be eaten with the fingers, or kids might prefer them with a chopped hard-boiled egg in the middle – just flatten the sausage meat, add a spoon of egg and wrap it up!

[Baked Tomato Egg Breakfast](#)

- Fed and Fit

Ingredients: tomatoes, eggs, parsley, salt, pepper.

These tomato cups make a great breakfast idea into a winner! Imagine tucking into a couple of these in the morning! They are filling because of the egg, but if you need some extra protein you could crumble some sausage into the tomatoes before you add the eggs. Serve these with some crispy bacon, or just on their own for a really satisfying start to the day.

[Baked Eggs in Portobello Mushroom Caps](#)

- Paleo Spirit

Ingredients: eggs, Portobello mushroom caps, prosciutto, pepper, parsley, olive oil.

These mushroom cups take a little bit of time to prepare. But if you are looking for a meaty and delicious way to start the day then they are really worth the extra effort! Portobello mushrooms have a really meaty texture and make the ideal casing for these ham and egg delights. These are best eaten as soon as they are cooked as the mushroom can become a little tough if you store them.

[Breakfast Stuffed Peppers Recipe](#)

- Steph Gaudreau

Ingredients: red bell peppers, spinach, eggs, salt, pepper.

Here is another recipe that looks as good as it tastes! The colors and textures are amazing and these can be bulked up by adding in ground meat or bacon bits to the base of the pepper. If you have difficulty getting the peppers to stand upright during cooking, wet some kitchen paper and scrunch it around the base of the pepper to hold it in position.

[Baked Eggs with Bacon, Greens, Hollandaise](#)

- Against All Grain

Ingredients: bacon, mixed power greens (spinach, chard, kale), eggs, hollandaise sauce.

These baked eggs need watching to catch them at the right point when the white is set but the yolks are still runny, but with a bit of practice, you can achieve perfection! Cooking them and serving them in ramekins gives you an ideal serving but also makes them look so professionally prepared that this would be a great course for a dinner party. Use any greens you have, but spinach and kale go really well here.

[Paleo Eggs Benedict](#)

- Hunting and Gathering

Ingredients: prosciutto or bacon, eggs, butter, egg yolks, cold water, lemon juice.

Eggs Benedict has been served in posh restaurants and hotels for many years, and although this dish takes a bit more effort to prepare, it is really worth it! The silky sauce just adds a touch of luxury to the poached eggs and the biscuit can be used to soak up the egg yolk so you don't miss out on any of the flavors! To help keep the eggs in shape while they poach, add a spoonful of vinegar to the water.

[Baked Eggs in Ham Cups](#)

- Oh Snap Let's Eat

Ingredients: eggs, ham or turkey, scallions.

Baking eggs in ham cups is an amazing idea as they are easy to eat, look great and taste even better! After all, who doesn't like ham and eggs? If you or your family prefer your eggs set completely, you could scramble them first or hard boil them and chop them up. You could also add some sausage under the eggs if you want a bit more protein.

[Rosemary Spaghetti Squash Egg Nests](#)

- The Urban Poser

Ingredients: spaghetti squash, garlic, green onions, egg, rosemary, sea salt, almond flour, pepper, oil.

In this recipe, you use the spaghetti squash in a similar way to rosti, and in fact, it turns out just as good. The squash tends to crisp up on the outside, adding a new dimension to the textures of these eggs. If you don't have rosemary then you could use parsley or cilantro to add a different flavor, but rosemary goes really well with the salty bacon.

[Baked Eggs in Avocado](#)

- Popsugar

Ingredients: avocados, eggs, pepper, chives.

If you are trying to increase the level of omega 3 in your diet, then here is the ideal recipe for you to try for a healthy and tasty breakfast. Because of the high levels of fiber in this dish, this is also a great starter for a busy day as it will keep you going till lunch and boost your energy levels. They are easy and quick to prepare and take just enough time to cook that by the time you are dressed and ready to go, so are they!

Egg Bake

- Unrefined Kitchen

Ingredients: ground breakfast sausage, onion, green pepper, mushrooms, eggs, almond milk, salt, pepper, thyme, rosemary, tomatoes.

This recipe is so versatile and easy to follow! If you don't have any veggies to hand, simply make it with the sausage and egg, or add in different vegetables like asparagus for a touch of luxury.

Also, the fresh herbs can be any you have, although rosemary goes so well here. You can serve it on its own, or try serving a little tomato salsa or chopped tomato with it.

Spinach and Cheese Omelette with Spicy Piperade (Contains Dairy)

- Cooking In Sens

Ingredients: eggs, butter, salt, pepper, grated cheese, baby spinach, spicy piperade.

Piperade originates from the Basque region of France, where it is often served with eggs, vegetables or ham. It is spicy, garlicky and delicious and makes an ideal side dish to many types of meat and egg dishes. Serving it with this omelet adds color and heat and brightens the whole plate! This is also a great way to use up those peppers and tomatoes that have perhaps been forgotten in the fridge!

Breakfast Omelet Bites

- Occasional Faileo

Ingredients: spinach, assorted color bell peppers, onion, tomato, bacon, eggs, salt, pepper.

It is really important to have food that is pleasing to the eye as well as the mouth, especially if you are following a diet or specific food regime, so this rainbow-colored dish would fit well here! The peppers and tomatoes bring these little bites to life and they would make a fantastic breakfast – a great way to encourage kids to eat healthily in the morning.

Caprese Omelet (Contains Dairy)

- Wellness Mama

Ingredients: eggs, butter, tomato, basil, mozzarella, olive oil, garlic.

Omelets are so quick and easy to make and the ingredients don't break the bank, so if you are a student desperately trying to eat a healthy meal, why not try this recipe! The partnership of fresh basil and tomatoes is magical, aromatic and fills your mouth with flavor. If you are

adventurous at all, try visiting your local farmer's market for some heirloom tomatoes and remember that basil can be grown easily in a pot in the kitchen – no need to buy it, just pull off a few leaves!

[Smoked Ham and Mushroom Omelet Breakfast Bowl Style](#)

- The Healthy Foodie

Ingredients: ghee, eggs, coconut milk, smoked ham, mushrooms, salt, pepper, arugula leaves.

If you are fed up eating omelets the old-fashioned way then why not jazz it up and serve it in a bowl like this! Ham and mushroom make great toppings for the omelet base, but there is no end to the combinations you could use – chicken and broccoli, beef and spinach or pork and peppers to name but a few! You can also have fun with the garnishes, for example, chopped salad onions, crispy bacon bits or parsley.

[Quick and Easy Breakfast](#)

- Swiss Paleo

Ingredients: cabbage, spinach, leek, bacon, eggs, salt, pepper.

Just imagine bursting the egg yolk and watching it run all through the stir-fried veggies! This breakfast is perfect if you are hungry but want to stay with a healthier option. It is packed with freshness, yet so satisfying. You could even liven it up even more by adding some grated ginger or garlic to give it an extra lift!

[Baked Eggs with Spinach and Roasted Garlic \(Contains Dairy\)](#)

- Zen Belly Catering

Ingredients: eggs, butter, heavy cream, garlic, baby spinach, sea salt, pepper.

It is quite amazing how well spinach and eggs go together, and this recipe gives you another idea for serving a healthy and nutritious breakfast. If you add the roasted garlic you will find that the flavors are enhanced even more, as roasted garlic has a sweetness to it that adds an extra surprise to a simple dish. If you don't have spinach then just use whatever greens you have to hand.

[Grilled Field Mushroom with Feta, Egg and Rocket](#)

- Wholesome Cook

Ingredients: portabella mushroom, Italian dried herb, butter, egg, rocket, salt, pepper.

If you find you need a meaty texture in your breakfast, then using field mushrooms can be the answer. These ones are full of flavor, thanks to the herbs, and the rocket adds a peppery note which goes well with the salty feta. This breakfast dish is guaranteed to satisfy even the hungriest member of the family!

[Creamy Kale Baked Eggs](#)

- Health Starts in the Kitchen

Ingredients: eggs, coconut milk creamed spinach, red peppers, cherry tomatoes.

The colors in this breakfast dish are so vibrant that you would just love to eat it! If you're not so keen on kale then simply follow the recipe for creamed spinach instead. The combination of flavors and textures makes this dish so appetizing that even the younger members of the family might enjoy it, and this is a great way to get them eating healthy in the morning.

[Eggs in Clouds](#)

- Craving 4 More

Ingredients: eggs, sea salt.

This egg dish definitely adds a wow to the breakfast table – even the name sounds appealing! Imagine how impressed your friends or family would be if you presented them with these light and fluffy eggs for breakfast! You can use whatever seasoning you prefer, but sometimes the simplest option can be the best one.

Keto Skillets, Hashes, & Scrambles

[Paleo Egg and Leek Stir-Fry](#)

- Paleo Flourish

Ingredients: eggs, leek, coconut aminos, salt, coconut oil.

Leek is a great ingredient to add to egg, their flavors really do complement one another. This simple recipe is nice and quick, so you can get nice and full before your morning commute - no rumbling bellies on the way to work.

[Super Quick Scramble](#)

- Paleo Flourish

Ingredients: eggs, baby bella mushrooms, red bell peppers, spinach, deli ham, coconut oil or ghee, salt, and pepper.

Quite often we search for a quick and easy recipe for breakfast and we forget that scrambled eggs take a matter of minutes! This dish can be so versatile as you can add in whatever leftovers you have in the fridge. Instead of the ham, you could use sausage, turkey or pulled pork – the choice is yours! One thing to remember is that overcooked scrambled eggs can turn watery very quickly, so keep an eye on them!

[Paleo Tomato and Egg Scramble](#)

- Paleo Flourish

Ingredients: diced tomatoes, eggs, parsley, coconut oil, salt, and pepper.

This is an interesting twist on traditional scrambled eggs as you have the sweetness from the tomatoes adding a fresh note to the eggs. In the UK, egg and tomato is a very popular sandwich filling, but it also gives you a light and delicious breakfast dish. Just remember to remove the liquid if you are using tinned tomatoes – you don't want watery eggs!

[Low Carb Corned Beef Hash](#)

- Holistically Engineered

Ingredients: corned beef, onion, radishes, garlic, beef broth, salt, pepper.

This recipe is a great way to use up any leftover corned beef and makes a hearty breakfast on its own, but you could also add a couple of eggs on top for a really filling start to the day. Don't worry about the harsh flavor of the radishes because cooked radishes have a much milder taste than raw ones. You can also add in whatever leftover veggies you might have to save any wasted food.

[Brussels Sprouts Breakfast Hash](#)

- Food For My Family

Ingredients: Brussels sprouts, bacon, garlic, shallots, apple cider vinegar, butter, eggs, salt, pepper.

If the only Brussels you have ever encountered were mushy and smelled and tasted of wet cabbage, then welcome to a new way to enjoy them! They are often served at Christmas cooked with bacon, and stir-frying them with bacon and cider vinegar really changes their flavor and mellows it. Served with a runny egg, just burst the yolk and let it run through the veg and bacon mix for a yummy breakfast.

[Spaghetti Squash Hash Browns](#)

- Empowered Sustenance

Ingredients: spaghetti squash, butter, salt.

Making these hash browns a success is a bit like making potato roti – you have got to get rid of as much water as possible to let them go crispy at the edges! You can either make one large hash brown like the one here or drop individual baking rings into the skillet and fill with a layer of squash. These hash browns can then be used to serve with an egg on top and some crispy bacon on the side.

[Italian Scramble](#)

- Balancing Paleo

Ingredients: coconut oil, kale, cherry tomatoes, rosemary, eggs, balsamic vinaigrette, avocado.

For this easy and quick recipe, you only need a few ingredients to get a hearty and satisfying breakfast. It is totally delicious, but the spices and add-ins can be changed. For example, you can add in mushrooms, use collard greens instead of kale or use an Italian herb mix or any

spices you prefer. If you are using the balsamic vinegar, try to use a better quality one, as they tend to have a richer flavor than the cheaper options.

[Shrimp and Bacon Skillet](#)

- The Nourished Caveman

Ingredients: organic uncured bacon, mushrooms, smoked salmon, shrimp, coconut cream, Celtic sea salt, ground black pepper.

This lovely dish is packed full of flavor, and if you choose to add the salmon, you get a subtle smoky flavor throughout. If you are avoiding dairy then use coconut cream instead for the same effect. If you have this for breakfast it is great just the way it is, or you could pair it with noodles or cauliflower rice for a more substantial dinner.

[Dijon Pork Breakfast Skillet](#)

- Holistically Engineered

Ingredients: ground pork, mushrooms, zucchini, pepper, garlic powder, salt, basil, Dijon mustard.

Ideal for a busy morning, this skillet is ready in a matter of minutes and, best of all, uses only one pot! There is a gentle heat from the mustard but it really is only there to bring out the flavor of the pork. You can substitute other veggies if you want to, or for a more filling breakfast you could add a fried egg on top, burst it and let the yolk ooze down through the meat!

Keto Quiches & Frittatas

[Breakfast Pizza Quiche](#)

- Primally Inspired

Ingredients: ghee, eggs, coconut milk, garlic powder, onion powder, sea salt, black pepper, dried oregano, mushrooms, red peppers, sliced pepperoni, green onions, pizza sauce.

We all know that pizza originally came from Italy and using this recipe will give you a really authentic taste of the country. It is packed with all the flavors and colors of the Mediterranean and would look great on the breakfast table or served with a leafy green salad for a delicious lunch. You can use pepperoni as a topping or any other deli meat you have – even bacon would go well on this quiche!

[Sausage Crusted Quiche \(Contains Dairy\)](#)

- I Breathe I'm Hungry

Ingredients: sausage, eggplant, cherry tomatoes, fresh parsley, eggs, heavy whipping cream, Parmesan cheese, Kosher salt, ground black pepper.

What an amazing idea to use sausage as the crust for this quiche! The toppings make this dish look so appetizing that we are sure this will become a family favorite. Another good thing about this recipe is that the quiche can be eaten hot or cold, so it is ideal for including in a lunchbox or for a picnic. If your sausage gives out a lot of greases, it might be good to bake it blind first, discard the grease and then fill it.

[Sausage and Spinach Quiche](#)

- Simply Taylor

Ingredients: almond flour, sea salt, egg, coconut oil, pork breakfast sausage, spinach, eggs, unsweetened almond milk, salt, pepper.

Quiches make perfect meals for any time of day, but one of the best things about them is that they can be eaten hot or cold, so why not try this one for a picnic lunch, or cut into small squares to use as party food! This recipe can be a great way to introduce more spinach into the family's diet and can be made even more special by adding some grated cheese if you can take dairy!

[Anytime Frittata](#)

- Primal Palate

Ingredients: eggs, salt, ghee, banana shallot, cherry tomatoes, Serrano or prosciutto ham, olive oil, garlic, fresh parsley.

This is a great recipe to serve as a breakfast, but it can really be enjoyed anytime. It is a light and delicious meal and tastes good hot or cold. If you don't have prosciutto, just substitute whatever deli meat you have, or add on some cooked bacon for a meatier taste. After all, ham and eggs just seem to go together so well!

[Smoked Salmon Frittata](#)

- Meatified

Ingredients: coconut oil, eggs, smoked salmon, green onion sauce (raw cashews, coconut milk, green onions, lemon juice, garlic powder, salt, pepper, green onion).

Frittata has its roots in Mediterranean cuisine and has now become popular all across Europe, enjoyed just as much as quiches. However, this frittata is much lighter, thanks to the egg base, giving you a lovely lighter lunch option. The creaminess of the green onion sauce goes well with the smoked salmon and can take the place of dairy-rich sauces. Applying the sauce in a criss-cross pattern makes this dish look so professional and you can decorate it with a sprinkle of sliced green onions for a fresh look.

[Hazelnut, Feta and Rosemary Frittata \(Contains Dairy\)](#)

- Slim Palate

Ingredients: eggs, butter or avocado oil, heavy cream, fresh rosemary, fresh thyme, garlic cloves, cinnamon, nutmeg, feta cheese, hazelnuts, salt, pepper.

Hazelnuts are packed full of goodness, healthy fats and nutrients, so they are worth seeking out for this dish. They also add a difference to the texture of this dish and taste great with the feta. The addition of the rosemary just makes this frittata taste even better, although other herbs would work too – why not try experimenting with your favorites?

[Sausage, Spinach and Feta Frittata \(Contains Dairy\)](#)

- I Breathe I'm Hungry

Ingredients: mild sausage, frozen spinach, feta cheese, eggs, heavy cream, almond milk, salt, black pepper, ground nutmeg.

This recipe is one of those 'toss it all in and cook it' ideas that take all the hassle out of cooking! With these ingredients, you end up with such a lovely combination of flavors from the meaty sausage, the saltiness of the feta and the goodness of the spinach. This mixture can either be cooked in a dish or in individual cases, so this is a good idea for a lunchbox too! Once cooked, these store in the freezer for about a month.

[Spicy Egg Frittata](#)

- My Heart Beets

Ingredients: eggs, serrano peppers, green pepper, white onion, turmeric, kosher salt, cracked black pepper, cherry tomatoes, bacon.

By now you are probably aware of the great [health benefits](#) of eating turmeric, and this recipe is a great way to enjoy it. The turmeric adds subtle heat to this dish and goes so well with the sweetness of the tomatoes. If you can, why not try growing your own tomatoes as they have an even greater depth of flavor, or pick some up at your local farmer's market.

A side note: If you're loving the health benefits of turmeric but don't eat it every day, consider trying our [Turmeric Soothe](#) supplement.

[Asparagus and Bacon Frittata with Feta \(Contains Dairy\)](#)

- Prep Dish

Ingredients: eggs, feta, asparagus, bacon, garlic.

Bacon and feta together are a match made in heaven! The saltiness and full flavors make this a very satisfying dish. The asparagus adds another level of freshness, but if you don't have any or can't find it, why not try adding broccoli pieces instead. One of the best things about this dish is it is gluten-free, so makes an ideal meal for friends or family with gluten intolerance.

[Tomato Bacon and Fresh Herbs Frittata](#)

- Confessions of an Over-Worked Mom

Ingredients: eggs, bacon, tomatoes, onion, fresh basil, fresh oregano, salt, pepper.

A frittata makes a great breakfast dish as it is light yet satisfying and is a fantastic alternative to omelets. In this recipe, we have the amazing combination of tomatoes and fresh basil which is aromatic and delicious. Eggs are so easy to eat that this dish can be served to anyone recovering from an illness who hasn't quite got their appetite back.

[Wild Boar Bacon Veggie Frittata](#)

- Cavegirl Cuisine

Ingredients: bacon, onion, carrot, shiitake mushrooms, asparagus, basil, salt, pepper, eggs, tomato, avocado.

This recipe gives you a frittata that is a feast of flavors and textures, from the saltiness of the bacon to the freshness of the veggies and the smooth avocado. Don't panic if you can't find wild boar bacon, just substitute pork bacon instead, although wild boar is usually available at farmer's markets and adds a

[Leek, Bacon and Collard Frittata](#)

- Jan's Sushi Bar

Ingredients: eggs, bacon, leeks, collard greens, baby heirloom tomatoes.

Making a frittata is a great idea to encourage the family to eat more veggies and the collard greens and leeks add an earthy note to this dish. It is amazing how many different varieties of tomato are out there. Check out your local farmer's market for some unusual ones.

[Frittata with Red Capsicum, Chorizo and Tomatoes \(Contains Dairy\)](#)

- Irena Macri

Ingredients: eggs, full-fat cream, chorizo sausage, onion, red capsicum, Roma tomato, garlic, sweet paprika, ghee, basil, sea salt, pepper.

Chorizo sausage is an Italian meat and comes in various strengths of spiciness, so just choose the one to suit your palate. If you are not sure, ask in the deli as most places will let you try before you buy. The paprika-rich oil it releases when it cooks spreads the rich flavor throughout the dish, making it even more delicious.

[Smoked Ham, Kale and Olives Frittata Cups](#)

- The Healthy Foodie

Ingredients: eggs, sea salt, black pepper, ancho chile, kale leaves, smoked black forest ham, green olives, kalamata olives, rosemary, garlic.

Serving frittata in little cups like this is a great idea as it makes them so portable! They also taste great hot or cold so they can easily be added to a lunchbox and taken to work or school. One idea would be to serve them with a leafy salad as a dinner party starter as they are small enough that they won't fill you too much. If you don't like olives, just sub them for halved cherry tomatoes.

[Jalapeno Popper Frittata \(Contains Dairy\)](#)

- I Breathe I'm Hungry

Ingredients: cream cheese, jalapeno peppers, salsa verde, cheddar cheese, eggs, unsweetened almond milk, heavy whipping cream, salt, pepper, bacon.

This gluten-free and low carb dish can be served for breakfast, lunch or dinner! The jalapenos add that zing and heat that sets your day off really well, especially on a cold winter morning. You can use whatever cheese you prefer in this recipe, but it can take the strength of the sharp cheddar as a lovely contrast in flavor to the egg.

[Spiced Beef and Kale Frittata](#)

- Life's as a Dreger

Ingredients: ground beef, kale, coconut milk, eggs, cumin, coriander, cayenne, garlic powder, salt, black pepper.

This is another versatile recipe that can be spiced up or down to suit your taste. The spices used here have their roots in Asian cuisine, but it would work just as well with Italian spices or Mexican-inspired flavors. Frittatas are a really good way to get the veggie-dodgers in the family to get more goodness, as the kale in this recipe is cut small and the earthiness of the kale is masked by the spices.

[Shrimp and Artichoke Frittata \(Contains Dairy\)](#)

- Seasonal and Savory

Ingredients: olive oil, shrimp, artichoke hearts, eggs, heavy cream, white pepper, salt, cherry tomatoes, asiago cheese.

Normally frittatas can be made on a tight budget, using cheaper ingredients, but this one gives you a little touch of luxury thanks to the artichoke and shrimp. This frittata is full of rich flavor and texture and can be made from scratch in less than 30 minutes, making it a great starter for a dinner party. If you like, you can use other seafood like crab meat or lobster, or use sardines to bring the cost down.

[Breakfast Pizza Frittata \(Contains Dairy\)](#)

- Meatified

Ingredients: coconut oil, eggs, tomato sauce, cheese, pepperoni, oregano, red pepper flakes, avocado, cilantro.

This pizza frittata looks so much like a traditional pizza! This would be a great dish to serve for the whole family, or you could make smaller, individual ones for the kids. You could use other meat such as deli ham and if you're not keen on cilantro you could use fresh basil leaves instead.

[Spinach, Sausage, and Mushroom Frittata](#)

- Do You Even Paleo

Ingredients: cooking fat, ground sausage, spinach, mushrooms, onion, eggs, salt, pepper.

This is another quick and easy recipe with wonderfully tasty results! It works with any kind of sausage, but if you are using a mild one, you might want to add a bit more seasoning. The meaty texture of the mushrooms adds to the satisfying dish, making it a great idea to serve for breakfast on a chillier day when you need a bit more bulk to get you through the morning!

[Bacon Frittata Muffins \(Contains Dairy\)](#)

- Not Crocker

Ingredients: bacon, onion, garlic, zucchinis, bok choy heads, artichoke heart, eggs, ricotta cheese, heavy cream, salt, pepper, cayenne pepper, paprika.

Here is a tasty alternative for a healthy breakfast! Served individually, each in its own bacon cup, they are designed to be eaten with the fingers. This is why we recommend you chop the veggies small. Not only that but this way you can hide the vegetables from the kids and get them eating more without even noticing! Sneaky!

Breads, Muffins and Pancakes

[Keto Four-Ingredient Pancake with Almond Flour Recipe](#)

- Keto Summit

Ingredients: almond flour, erythritol, unsweetened almond or coconut milk (from a carton, not a can), eggs, ghee.

Who says you can't have pancakes on keto? Treat yourself to a special morning meal with this keto-friendly four-ingredient pancake recipe with almond flour.

[Keto Chocolate Orange Muffins](#)

- Keto Summit

Ingredients: avocado, almond butter, eggs, orange zest, orange juice, sweetener, unsweetened cacao powder, baking soda, baking powder, vanilla extract, salt.

A combination of orange zest and orange juice ensures that the orange flavor comes through in every bite and cacao powder rounds out the chocolate portion of this dessert.

[Keto Avocado Chocolate Bread Recipe](#)

- Keto Summit

Ingredients: avocados, coconut oil, eggs, almond flour, cacao powder, baking soda, baking powder, vanilla extract, stevia, salt.

This bread is keto-friendly, and it's so yummy you'll probably want to have it for dessert! Avocados, almond flour and cocoa powder - the perfect combination for a tasty loaf.

[Keto Matcha Mug Cake Recipe](#)

- Keto Summit

Ingredients: egg, almond flour, coconut flour, baking powder, matcha powder, coconut cream, stevia, salt.

Looking for a yummy, keto-friendly treat? You can be eating this delicious cake in less than five minutes – seriously!

[Keto Zucchini Bread Recipe](#)

- Keto Summit

Ingredients: eggs, zucchini, almond flour, coconut flour, coconut oil, baking powder, vanilla extract, salt.

This is an amazing way to use zucchini and you don't have to worry about it being too sweet, there's zero sugar in this recipe. The vanilla extract adds just enough sweetness and coconut and almond flour take out the extra carbs usually found in grain.

[Keto Blueberry Muffins Recipe](#)

- Keto Summit

Ingredients: almond flour, ghee, eggs, blueberries, vanilla extract, stevia, baking soda, salt.

Blueberry muffins for breakfast are a real treat but like all treats, you still need to enjoy them in moderation despite the healthy modifications.

[10-Minute Keto Toast Recipe](#)

- Keto Summit

Ingredients: almond flour, baking powder, salt, egg, ghee.

If you have 10 minutes and feel like you need a little snack, then why not try this keto toast recipe. It might not be quite as simple as popping pre-bought bread into a toaster, but it is worth the small amount of extra effort.

[Keto French Toast Recipe](#)

- Keto Summit

Ingredients: Keto almond bread, eggs, water or coconut milk, cinnamon, nutmeg, stevia, coconut oil or ghee.

The flavors of French toast are to die for, the warmth and sweetness of cinnamon and nutmeg and make the perfect weekend breakfast - a nice morning treat for a Saturday after a busy week at work.

[Keto Pistachio Tomato Avocado Toast Recipe](#)

- Keto Summit

Ingredients: bread, avocado, lime juice, tomato, pistachios, sea salt, extra virgin olive oil.

The trend of avocado toast isn't quite as prevalent as it once was, but it still tastes absolutely amazing, so I've added some yummy pistachios, tomato and lime juice to spruce up this classic.

[Keto Coconut Pancakes Recipe](#)

- Keto Summit

Ingredients: eggs, coconut flour, coconut milk, vanilla extract, baking soda, stevia, coconut oil, ghee.

Another great weekend breakfast recipe which will have you thinking you're enjoying a naughty treat, but that's just because they taste so good. There's nothing to spoil your dieting efforts in these pancakes.

[Keto Glazed Strawberry Muffins Recipe](#)

- Keto Summit

Ingredients: almond flour, ghee, eggs, lemon zest, vanilla extract, erythritol, baking soda, fresh strawberries, coconut cream, erythritol.

As if the muffins weren't delicious enough on their own, we've taken things to the next level and added a glaze that will completely tantalize your taste buds.

[Keto Cauliflower Patties Recipe](#)

- Keto Summit

Ingredients: cauliflower, eggs, almond flour, coconut oil, salt, pepper.

Craving potato pancakes but don't want the carbs? No problem, thanks to this oh-so-satisfying keto cauliflower patties recipe.

[Chinese Egg and Scallion Pancakes](#)

- Paleo Flourish

Ingredients: eggs, scallions, avocado oil or coconut oil, salt.

This simple recipe requires only a small amount of ingredients but creates super tasty results. You can replace scallions in this recipe with leek or onion, so it is pretty versatile!

[Microwave Bread](#)

- Paleo Flourish

Ingredients: almond flour, baking powder, salt, egg, ghee.

This bread is just right for you if you are pushed for time, as it only takes seconds in the microwave! A perfect side to serve with soups and stews, the ingredients in this bread can also be adjusted by adding your favorite flavors. Try converting to fruit bread by adding in some dried fruit! Using a mug as a mold makes sense as it gives you the perfect shape for slicing.

[Paleo Bacon Lemon Thyme Breakfast Muffins](#)

- Paleo Flourish

Ingredients: almond flour, bacon bits, ghee, eggs, lemon thyme, baking soda, salt.

Muffins are a great introduction to eating savory for breakfast if you have been used to sugary cereals or bread before. They have the same sort of consistency as regular muffins but have the flavors of the bacon and thyme. You can have fun experimenting with other combinations too – why not try cooked sausage and rosemary?

[Quick and Easy Keto Egg Muffins Recipe](#)

- My Natural Family

Ingredients: pork breakfast sausage, sweet onion, bell peppers, spinach, oregano, eggs, pepper, salt, coconut or almond milk.

Enjoy a quick and easy keto breakfast dish with this egg muffins recipe. The oregano adds a delightful aroma to these muffins.

[Onion Herb Coconut Flour Biscuits](#)

- Empowered Sustenance

Ingredients: coconut flour, coconut oil, eggs, onion, garlic, coconut milk, herbs (parsley, dill, thyme), baking soda, apple cider vinegar.

These biscuits come out light and fluffy and full of flavor and can help satisfy a biscuit craving. It really doesn't matter what herbs you use, so just run with your imagination and try a few experiments till you find your favorite. It is important to rest the batter for a few minutes as this will allow it to thicken before you cook the biscuits.

[Primal Biscuits and Sausage Gravy](#)

- The Primal Food Blog

Ingredients: eggs, almond flour, coconut flour, baking powder, salt, coconut milk, butter.

Biscuits and gravy can be one dish that you are missing since you started eating a bit more healthily, but if you can't live without it then try this recipe! The biscuits are light and the gravy is full of flavor. Remember to grease the foil before baking the biscuits as the dough is quite wet and may stick. Also, the egg white needs to be beaten until really stiff, but it's worth the extra effort.

[Avocado Bacon Muffins](#)

- An Aussie with Crohns

Ingredients: onion, bacon, eggs, avocado, coconut milk, coconut flour, baking soda, salt, pepper.

Avocado and bacon are perfect together, so why not enjoy them in a breakfast muffin! These can also be used for picnics as they taste just as good cold. They can be frozen or stored in the refrigerator for a few days – if they last that long! Kids love these muffins because they are green and taste so good.

[English Muffins](#)

- Running to the Kitchen

Ingredients: almond or cashew flour, coconut flour, baking soda, kosher salt, egg, coconut oil, water.

If you have been missing bread on your eating regime then these muffins could be the answer. They taste great and only take a few minutes to whip up. Serve them with bacon and eggs for breakfast, spread them with butter to go with soups or try putting dried fruit and cinnamon in the mix for a teatime treat!

[Grain Free Cheesy Oregano Muffin \(Contains Dairy\)](#)

- Living Healthy with Chocolate

Ingredients: almond flour, baking soda, dried oregano, salt, pepper, parmesan cheese, egg, olive oil, coconut milk, cheddar cheese.

Sometimes you just have to have cheese and I am a great believer in having the occasional treat so these little cheesy, herby muffins will fill that craving. These muffins are grain and gluten-free, so are ideal for family members with health issues and they taste amazing served for breakfast alongside scrambled eggs.

Smoothies

[Keto Spinach Avocado Green Smoothie](#)

- Keto Summit

Ingredients: spinach (or other leafy greens), unsweetened coconut milk (from refrigerated cartons, not cans), ripe avocado, vanilla extract, sweetener.

Not all smoothies are created equal, but you can rest assured that this keto spinach avocado green smoothie is both delicious and nutritious!

[Keto Avocado Smoothie Recipe](#)

- Keto Summit

Ingredients: coconut milk (from a carton, not a can), vanilla extract, avocado, ice, stevia or erythritol.

Don't jeopardize your ketosis by having a "healthy" smoothie filled with sugar and carbs. This velvety avocado smoothie is totally Ketogenic, and perfect for your diet.

[Matcha Ketogenic Smoothie Bowl Recipe](#)

- Keto Summit

Ingredients: matcha powder, greens powder, coconut yogurt, chia seeds, goji berries, coconut flakes, cacao nibs, Stevia.

Smoothies don't just have to be something you drink. Smoothie bowls are an Instagram-worthy dish which is not only nice to eat, but fun to make too. This recipe is full to the brim with superfoods - so eat up (even if you're on Paleo)!

[Ketogenic Breakfast Smoothie](#)

- Keto Summit

Ingredients: spinach, almonds, brazil nuts, coconut milk, greens powder, whey protein, potato starch, psyllium seeds (or psyllium husk).

Smoothies can be the answer to a healthy breakfast if you just don't have the time to cook, or if you need a hit of energy to start the day. This green one may look a bit grassy, but the nutritional values just can't be ignored. This is a low-carb recipe that will almost certainly give you all the energy you need.

[Refreshing Cucumber Celery Lime Smoothie](#)

- Paleo Flourish

Ingredients: celery heart, cucumber, lime juice, water, ice.

In the summer, smoothies are the most refreshing drink to enjoy, sat outside in the sun. This cucumber and celery number is a sure winner to keep you powered up on a hot day.

[Cinnamon Chocolate Breakfast Smoothie Recipe](#)

- Paleo Flourish

Ingredients: coconut milk, avocado, unsweetened cacao powder, cinnamon powder, vanilla extract, stevia, MCT oil or coconut oil.

Anything with chocolate in the title is normally off-limits for Keto, but this creamy drink will have you thinking you're enjoying something that you shouldn't. A superb choice for breakfast on the go.

[Low Carb Green Smoothie – Dairy Free](#)

- I Breathe I'm Hungry

Ingredients: filtered water, romaine lettuce, fresh pineapple, fresh parsley, fresh ginger, raw cucumber, kiwi fruit, avocado, granulated sugar substitute.

One of the many benefits of green smoothies is that you are blending the vegetables and breaking down the cells, thus releasing all the goodness much easier and quicker. This recipe makes a light and creamy drink that is so quick to prepare, and even the children will love it. This is the perfect way to get more goodness into reluctant kids!

[Sugar- and Dairy-Free Ketogenic Smoothie Recipe](#)

- Breaking Muscle

Ingredients: coconut milk, ripe avocado, cacao powder, frozen cherries, turmeric, filtered water, ice cubes.

The avocado in this smoothie is what gives it a rich and thick consistency, and the fact that it has chocolate in it may well seal the deal for a lot of people who think smoothies are green and grassy! They are a great source of energy and can be enjoyed anytime, but make a quick and easy breakfast drink if you are facing a really busy day.

[Low Carb Avocado Smoothie](#)

- Booze and Baking

Ingredients: milk or milk substitute, avocado, chia seeds, protein powder, sweetener, coconut oil (liquified), ice, cacao nibs.

Avocados are a great source of healthy fats and help give a smoothie a really creamy taste, but this one has the added benefit of the chia seeds which act a little like tapioca – soaking them overnight lets them swell and gel, giving the smoothie extra body. It is important to remember not to add any ice until the coconut oil is blended, otherwise, you will get coconutty lumps.

[Red Velvet Smoothie](#)

- The Blenderist

Ingredients: coconut milk, almond milk or milk of choice, ice cubes, avocado, beet, cocoa or cacao powder, vanilla, stevia.

The first thing you notice about this smoothie is the color! WOW! It comes from beets, but you won't taste them, you will just get the goodness from them. Most store-bought smoothies are made with banana, but avocado does the same job, giving the drink the creaminess and thickness you are looking for.

[Low Carb Strawberry Crunch Smoothie](#)

- Delighted Momma

Ingredients: unsweetened vanilla almond milk, strawberries, cinnamon, almonds, chia seeds (optional).

You can make this smoothie at any time because you are using frozen fruit, so you will never be short of an idea for a nutritious breakfast! Adding the cinnamon gives a light spice to the drink and can help regulate your blood sugar levels. The chia seeds are optional so if you don't have any you can just make it without. This smoothie was a big hit with the entire family!

Keto Granolas & Cereals

[Coconut Oil Keto Granola Recipe](#)

- Keto Summit

Ingredients: mixed nuts (such as almonds, hazelnuts, pecans), mixed seeds (such as sunflower seeds, pumpkin seeds), coconut oil, stevia.

Granola needs some sort of sticky binding agent to help the clusters stick together. Many times this is something sweet, like honey or maple syrup. This keto granola recipe uses coconut oil, which offers a unique sugar-free and low-carb alternative that won't compromise your ketosis.

[Cinnamon Keto Granola Recipe](#)

- Keto Summit

Ingredients: almonds, pumpkin seeds, flaxmeal, chia seeds, cinnamon, shredded coconut, coconut flour, water, stevia or erythritol.

The keto-friendly cinnamon granola recipe tastes like a special treat, but it's secretly nutritious! Enjoy this breakfast recipe that is sugar-free and sweetly satisfying.

[Easy Nut & Seed Keto Granola Recipe](#)

- Keto Summit

Ingredients: almonds, cashews, brazil nuts, pumpkin seeds, chia seeds, cacao nibs, coconut flakes.

This granola can be made in big batches and stored for use during the week, but it takes just a couple of minutes to throw it together so can be made fresh each morning. This makes a perfect energy-rich start to the day if you are no-sugar, and the slow release will boost your system till lunch. Serve with nut milk of your choice – almond milk works well here.

[Keto Chia Breakfast Bars Recipe](#)

- Keto Summit

Ingredients: chia seeds, water, mixed nuts, mixed seeds, coconut flakes, Swerve confectioner's sweetener.

Discover the best protein, energy, and granola breakfast bars for a Keto diet. Keep your energy up and your carbs low with the addition of a secret ingredient: chia seeds!

[Breakfast Porridge](#)

- Paleo Flourish

Ingredients: almonds, coconut cream, sweetener of choice, cinnamon powder, nutmeg, cloves, cardamom.

Porridge has been used for breakfast for many years as it is filling and satisfying and helps to release energy more slowly, keeping you going right through the morning! It can be sweetened, spiced up or very plain, depending on your own palate, but this keto version makes a perfect dish to serve the family, especially on a chilly day. This can also be served to young babies, but you might want to make it a bit thinner for them.

[Strawberry Granola](#)

- Paleo on a Budget

Ingredients: strawberries, dark chocolate, pecans, lemon juice.

This strawberry granola looks like summer in a plate! Just imagine the combination of crunchy nuts, smooth, dark chocolate and ripe juicy strawberries! This dish takes virtually no preparation time and only a few ingredients, so it would be a filling but refreshing start to a busy day. This tastes so good that it could even be served as a dessert, or as a summery treat eaten outside in the garden.

[Frosted Corn Flakes Cereal](#)

- Satisfying Eats

Ingredients: coconut flakes, water, pure vanilla extract, cinnamon, nutmeg, stevia.

This recipe is a life-saver for people whose family members have allergies or intolerances as it is grain, nut and gluten-free yet tastes good enough to satisfy the whole family. It is great at helping wean children away from those store-bought cereals that are full of sugars and additives and can be made even more delicious if you serve it with some fresh and juicy blueberries or strawberries.

[Almond Cereal](#)

- Pencils and Pancakes

Ingredients: almonds, roasted pumpkin seeds, chia seeds, coconut milk, water, blueberries.

Seeds and nuts are such a good source of slow-release energy that they make the perfect ingredient for a cereal. This one has the added benefit of the chia seeds, giving the plateful a lovely mix of textures. You can add whatever fruit or berries you have, but blueberries give you a lovely burst of flavor and juice when you bite into them.

[Breakfast Cereal](#)

- Eugenia's Rants and Thoughts

Ingredients: unsweetened coconut milk, pecan, walnuts, almonds, pistachios, pine nuts, sunflower seeds, pumpkin seeds, fresh berries.

The recommended nuts in this recipe can be changed for other favorites if you need to, but the combination here works really well. You can use fresh or frozen berries and these can make this cereal even more appealing to kids if you let the fruits defrost in the liquid and turn it a different color! Try this with strawberries or blueberries for purple milk!

[Coconut Almond Porridge](#)

- Wicked Good Kitchen

Ingredients: unsweetened almond milk, unsweetened shredded coconut, almonds, golden flaxseed, pure vanilla extract, sea salt.

Sometimes you just need a bowl of hot cereal to fill you up and get you going in the morning, so try this one and you won't be disappointed! It is tasty and nutritious and can be flavored with fresh or dried fruits and seasoned with cinnamon, cardamom or any other seasoning you like. It is quick and easy to make and can be ready to eat in just a few minutes, so no excuse on a busy morning!

[No-Cook, Allergy-Friendly, Grain-Free Breakfast Porridge](#)

- Ricki Heller

Ingredients: coconut flakes, raw pumpkin seeds, raw flax seeds, chia seeds, raw walnuts, cinnamon, water, vanilla Stevia liquid, coconut milk, blueberries.

Sometimes at breakfast time, people crave sweet cereals because they need a quick energy boost, but you can get a great result from a porridge-like this one, without the extra nasty additives. This can be served with whatever fruit you like, season to your taste and it is ready within minutes. This porridge can be stored in the freezer, so batch-cooking is definitely an option!

Keto Sausage, Bacon, & Other Meat

[Mini Keto Breakfast Burrito Wraps Recipe](#)

- Keto Summit

Ingredients: olive oil, bacon, green bell pepper, shallot or small onion, eggs, unsweetened almond milk, tomato, deli ham, deli roast beef, avocado, cilantro, salt, pepper.

If you're bored of eggs and bacon, why not take your Keto breakfasts to a whole new level of delicious!

[Keto Poached Egg Recipe on Smoked Haddock and a Bed of Spinach](#)

- Keto Summit

Ingredients: olive oil, shallot, baby spinach, salt, pepper, smoked haddock fillets or smoked salmon, eggs, chives snipped to garnish, egg yolks, lemon juice, ghee.

A great breakfast is all about great ingredients, and this Keto poached egg on smoked haddock and a bed of spinach recipe is full of good food.

[Breakfast Turkey Wrap Recipe](#)

- Paleo Flourish

Ingredients: turkey breast, romaine lettuce, eggs, coconut oil.

Using turkey or deli ham as a wrap can add so much more flavor to your morning bacon and eggs. It can also encourage children to eat a healthy breakfast as these can be picked up and eaten with the fingers! If you don't want to use deli meat then thinly sliced chicken breast would do, as that does not contain additives.

[Paleo Burger Stir Fry](#)

- Paleo Flourish

Ingredients: burgers, bell peppers, tamari sauce, red chili flakes, chili powder, salt, pepper, coconut oil, bok choy, ginger, eggs.

If you have a little more time on a weekend to make this delicious breakfast treat then you won't be disappointed! It has meat, egg, and heat from the spices, all together with the gingery bok choy which adds a note of freshness. If you can, use your own homemade burgers, then you can be sure there are no hidden additives – remember these can be stored cooked in the fridge or frozen raw and separated with baking parchment to make them easy to remove.

[Bacon Cups](#)

- Paleo Flourish

Ingredients: bacon slices.

These bacon cups are so easy to make and they give the perfect 'dish' in which to serve salad or eggs. They also look good as finger food at a party and are delicious filled with whatever you fancy! Once you have baked a batch of these cups they can be cooled and frozen for future use, although you might find they disappear quite quickly!

[Crockpot Pine Nut Meatballs with Spinach](#)

- Paleo Pot

Ingredients: ground meat, eggs, pine nuts, shredded veggies (cauliflower, zucchini, and red onion), tomatoes, spinach.

This recipe can be used as a basis for your imagination regarding ingredients, or it can be amended to use up those veggies that may be lying forgotten in the fridge! The pine nuts add

an extra level to the texture of the meatballs, and it is a great idea to incorporate the veg into the meat mix – another trick for getting veggies into the younger family members!

[Sausage, Leek and Asparagus Dill Breakfast Casserole \(Contains Dairy\)](#)

- PaleOMG

Ingredients: breakfast sausage, leek, asparagus, eggs, heavy cream, dill, garlic powder, salt, pepper, butter.

Breakfast casseroles are the perfect way to start a busy day as they are filling and nutritious and can keep you going right through the morning. Don't worry if you don't have asparagus or it's out of season, just use any other vegetable you have to hand! It makes a big difference to add in the garlic powder as it goes so well with leeks.

[Almost 5 Ingredient Green Chile Chorizo Cauliflower Casserole](#)

- PaleOMG

Ingredients: chorizo, onion, green chiles, cauliflower, garlic powder, eggs, salt, pepper.

Here is another quick and easy recipe to file away for days when you are a bit short on time! This is a filling and satisfying dish, especially with the addition of the cauliflower, which helps this meal to release energy slowly and keep you going throughout the morning. If you are not too good with spice then just cut back the chile, but the cauliflower will take away some of the heat so give it a try!

[Italian Spaghetti Squash Breakfast Casserole](#)

- Peace Love and Low Carb

Ingredients: spaghetti squash, butter, salt, pepper, onion, garlic, Italian seasoning, tomatoes, salami, kalamata olives, eggs, parsley.

This is another recipe that is as pleasing to the eye as it is to the taste buds! If you are following a diet or new eating plan, this can make all the difference! The ingredients here have a real authentic Mediterranean flavor, although you can miss out the olives if they are not popular in your family. This dish is so delicious that it really is hard to believe that it is low carb!

[Breakfast Burrito](#)

- Primal Palate

Ingredients: coconut oil, cumin, garlic powder, onion powder, paprika, ground beef, pork or turkey, red onion, eggs.

Here is another great idea for 'wrapping' your breakfast – simply roll it up in a thin layer of the cooked egg! What could be simpler? Many of us enjoy a spicy hit for breakfast, especially on chilly days and the taco seasoning fills that desire. If you have picky eaters in the family, you could try putting the fillings in separate dishes and letting them choose their own ingredients!

[The House of Cyn Breakfast Burritos](#)

- Treehouse of Cyn

Ingredients: bacon, eggs, water, EVOO, ground beef, onion, red pepper, chili powder, black pepper, garlic, cumin, avocado, lemon juice, salsa.

If you have had taco meat the night before and have a heap of leftover in the fridge, why not try turning it into these spicy and filling burritos for breakfast! This recipe used beef, but pork or lamb would taste great too. Then add in cooked peppers, guacamole... the options are endless.

[Breakfast "Burrito"](#)

- Civilized Caveman

Ingredients: coconut flour, eggs, baking powder, water, ground beef, onion, jalapenos, tomato, garlic, egg yolks, salt, pepper.

Spicy burritos for breakfast are the perfect way to start you off on a colder morning when you need something warming. Again, this is an adaptable recipe as you can include whatever vegetables you have in the fridge, and these are a great way to use up leftover ground beef. Top these with chopped tomatoes or serve with a dollop of homemade guacamole or a tomato salsa for a delicious way to start the day.

[Mexican Breakfast Meatza](#)

- Jan's Sushi Bar

Ingredients: ground pork, Mexican chorizo, Enchilada sauce (lard, onion, garlic, chili powder, cumin, dried oregano, tomato sauce, chicken stock, salt), eggs, salt and pepper, ghee, tomato, avocado, red onion.

This dish would be perfect for feeding a large family for Sunday Brunch and will leave everyone satisfied. The added colors from the vegetables make this so appealing to look at as well as enhancing the flavors. You could even add some chili to the meat base if you prefer a bit of heat with your breakfast!

[Grain Free Breakfast Taco Pie Filling](#)

- Healing and Eating

Ingredients: ground beef, taco seasoning, white onion, red bell pepper, sea salt, eggs, cilantro, coconut oil, baking soda.

This pie is quite substantial, so make the servings a bit smaller than normal. It is full of flavors and colors and will go down well with the whole family. The spice from the taco seasoning can be adjusted to suit your taste, but it is also a good idea to serve a fresh salsa with this pie to lighten the dish and add a touch of freshness.

[Blackberry Breakfast Sausage](#)

- The Real Food Dietitians

Ingredients: ground pork, dried ground sage, dried thyme, garlic powder, sea salt, fresh ground black pepper, fresh or frozen blackberries, coconut oil.

Never had fruit with meat? Now is the time to experiment with these amazing sausage patties. The blackberries are full of antioxidants and are rich in fiber, which is necessary for everyone's digestive system. They also add a fresh burst of flavor when you bite into these little treats. Berries are such good partners for fresh or dried herbs, so these are well worth a try!

[Deep Dish Sausage Breakfast Casserole](#)

- That Paleo Couple

Ingredients: pork breakfast sausage, spinach, onion, eggs, avocado oil.

When you cut this dish into portions you will be treated to the sight of a protein-packed breakfast that is ideal for a healthy appetite! If you have leftover veggies like mushrooms or peppers, you could add those in too for added flavor and goodness. This recipe is very popular with the younger members of the family and is a fantastic way to get them eating a proper breakfast.

[Fennel Breakfast Sausage](#)

- Jan's Sushi Bar

Ingredients: ground pork, sea salt, ground black pepper, fennel seeds, dried oregano, dried basil, dried thyme.

Fennel can sometimes be a bit over-powering, but not in this recipe. The combination of herbs simply brings out the flavor of the pork and adds a depth to the overall taste. These patties are so quick and easy to make that they are a great idea for a busy morning and they can be made into smaller shapes for children. This recipe would work well with minced lamb too.

[Perfect Breakfast Sausage](#)

- Phoenix Helix

Ingredients: ground pork, sea salt, black pepper, dried sage, dried thyme, dried ginger, cold water.

The seasoning in this recipe is what makes the sausage taste so good! The combination of herbs and seasoning is absolutely wonderful and brings out the flavor of the pork. This meat can be served at any time but makes a great breakfast dish. The patties can easily be stored in the freezer, but they are easier to separate if you layer them with baking parchment.

[Beef Breakfast Sausage](#)

- Hollywood Homestead

Ingredients: ground beef, dried sage, sea salt, onion powder, bacon fat or coconut oil.

Here is another quick and easy recipe that gives you amazing results! Perfect for breakfast, these little patties can also be served for lunch with a salad or as party food for kids. There is something about sage that makes you think 'holidays' and it goes so well with the beef, but feel free to experiment with other herbs and spices to make these your own!

Sausage Balls

- Gluten Free Homemaker

Ingredients: sausage, coconut flour, eggs, baking soda.

These sausage balls are perfect for breakfast and are a really good way to get the children to eat well in the morning. They also make great party food and can even be packed up and eaten cold for lunch. They can be stored in the fridge for about a week. The inclusion of fat in the pork is so important as it keeps the sausage from drying out and turning crumbly and actually intensifies the flavor.

Breakfast Sausage

- Cook Eat Paleo

Ingredients: pork, sage, smoked sweet paprika, smoked hot paprika, sea salt, ground pepper.

Sausage patties are a great thing to keep ready to use in the freezer, especially if you have unexpected overnight guests! They are so tasty and have a gentle heat from the paprika which helps to enhance the overall flavor. If you are avoiding paprika, just have some fun experimenting with adding other herbs like thyme, rosemary or mint.

Mini Meatloaf

- Paleo on a Budget

Ingredients: pork, carrot, onion, celery stalk, parsley, salt, pepper, cumin, egg, butter.

These mini meaty treats are delicious and make a great idea for a healthy yet satisfying breakfast. They can also be served with a salad or roasted veggies for a dinner idea, or with salsa or dip of choice for a lovely lunch. As this is a versatile recipe and can be a success using any kind of meat, it can be a great meal to make if you are on a budget.

Sausage Stuffed Peppers

- Paleo Pot

Ingredients: Italian hot sausage, bell peppers, cauliflower, tomato paste, onion, garlic, basil, oregano, thyme.

Stuffed peppers are so popular across the whole of Europe and have been a staple for many years, so it is nice to see a slightly different take on the ingredients. The long cooking process helps the flavors to meld together, but if you don't have a crockpot you can cook these in the oven for around 30 minutes. Not keen on peppers? Try stuffing beef tomatoes instead! They taste amazing!

[Game-day Sweet & Sour Meatballs](#)

- Against All Grain

Ingredients: ground beef, chicken or pork, eggs, sweet onions, almond meal, sesame oil, ginger, sea salt.

Just looking at these meatballs makes your mouth water! Served in a rich, unctuous and spicy tomato sauce, they would be perfect for breakfast or served with zucchini noodles for a super tasty dinner. The pineapple juice is essential for the sweet and sour flavor and there is a gentle warmth from the ginger, but these could be spiced up if you like things a bit hotter.

Other Keto Breakfast Recipes

[Keto Golden Almond Milk Recipe \(Paleo, Vegan, Dairy-Free\)](#)

- Keto Summit

Ingredients: unsweetened almond milk, turmeric powder, black pepper, coconut oil, stevia.

Golden milk follows the ancient tradition of using turmeric for healing. Besides the fact that this drink is really good for you, it is wonderfully flavorful and boosted with a special ingredient!

[Keto Raspberry Chia Jam](#)

- Keto Summit

Ingredients: raspberries, water, chia seeds, lemon juice, erythritol.

Enjoy this jam on keto-friendly toast or swirl it in your favorite non-dairy yogurt!

[Keto "Everything" Avocado Breakfast Recipe](#)

- Keto Summit

Ingredients: garlic powder or dried minced garlic, onion powder or dried minced onion, salt, pepper, avocado.

A quick breakfast you can enjoy any day of the week? You got it! Rich avocado with homemade seasoning that will make you smack your lips.