

# Hearty Keto Breakfast

HIGH PROTEIN | GLUTEN FREE



**Prep:**  
5 min

**Cook:**  
10-12 min

**Serves:**  
2

## INGREDIENTS

- 1 tbsp butter or ghee
- 1 1/2 cups sliced mushrooms
- 4 eggs
- 2 tbsp full cream (optional, for a softer scramble)
- Sea salt and freshly ground black pepper, to taste
- 1 tbsp chopped fresh herbs or 1 tsp dried Italian herbs (optional)
- Greens, avocado, cucumber or tomatoes, for serving
- Homemade sausages, for serving (see separate recipe) **Ingredient note:** Use organic ingredients whenever possible, especially eggs, butter, cream...

### Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

## INSTRUCTIONS

1. Heat the butter in a skillet over medium-high heat until sizzling. Be careful not to burn or brown the butter.
2. Add the mushrooms and saute until golden and tender, but not soggy.
3. Whisk the eggs with full cream, sea salt, black pepper and herbs if using.
4. Pour the egg mixture over the mushrooms.
5. Cook gently, stirring occasionally for soft scrambled eggs, or leave mostly undisturbed for a rustic omelette-style breakfast.
6. Serve warm with greens, avocado, cucumber, tomatoes and homemade sausages if desired.

## VICTORIA'S TIP

*The secret is not to rush the mushrooms. Let the butter get hot enough to sizzle, then cook the mushrooms until they are golden. That gives the eggs much more flavour and keeps the mushrooms from becoming watery.*

## APPROXIMATE NUTRITION

Nutrition is for the egg and mushroom breakfast only. Homemade sausages are calculated separately in the sausage recipe. Serving size: 1/2 recipe Calories: 260 Protein: 14 g Total carbohydrates: 4 g Fibre: 1 g Net carbohydrates: 3 g

## RECIPE PAGE - LIGHT BITES

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