

2g Ⓞ 5 + 20 m Easy **Keto baked bacon omelet**

Bacon, and then some, for breakfast, lunch, or dinner. The spinach adds color and variety. The eggs hold it all together. But bacon dominates. Keto life is good.



2 servings

**Ingredients**

4 eggs  
5 oz. bacon cut in cubes  
3 oz. butter  
2 oz. fresh spinach  
1 tbsp finely chopped fresh chives (optional)  
salt and pepper

**Instructions**

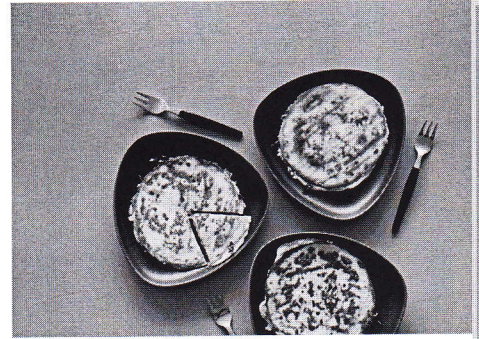
- 1 Preheat the oven to 400°F (200°C). Grease an individual serving-sized baking dish with butter.
- 2 Fry bacon and spinach in the remaining butter.
- 3 Whisk the eggs until frothy. Mix in the spinach and bacon, including the fat left from frying.
- 4 Add some finely chopped chives. Season to taste with salt and pepper.
- 5 Pour the egg mixture into baking dish(es) and bake for 20 minutes or until set and golden brown.
- 6 Let cool for a few minutes and serve.

**Tip!**

If you love cheese, you might want to mix in some grated cheddar or sprinkle parmesan on top before baking. Sautéed onions are another yummy possible addition.

5g  10 + 15 m Medium **Keto quesadillas**

This Mexican-inspired dish is decadent, cheesy and officially keto! Serve them up as is or decked-out with sour cream, guacamole and salsa.



3 servings

## Ingredients

### Low-carb tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- 1½ tsp ground psyllium husk powder
- 1 tbsp coconut flour
- ½ tsp salt

### Filling

- 5 oz. grated Mexican cheese or hard cheese of your liking
- 1 oz. baby spinach
- 1 tbsp olive oil, for frying



## Instructions

### Tortillas

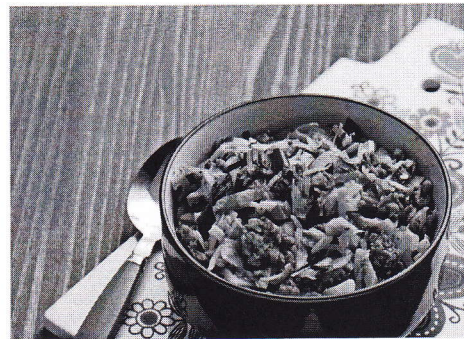
- 1 Preheat the oven to 400°F (200°C).
- 2 Beat the eggs and egg whites together until fluffy. Add the cream cheese and continue to beat until the batter is smooth.
- 3 Combine the salt, psyllium husk powder and coconut flour in a small bowl and mix well. Add the flour mixture into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient... If it does not thicken enough, add some more.
- 4 Place parchment paper on a baking sheet. Use a spatula to spread the batter over the parchment paper into a big square (if you want round tortillas you can fry them in a frying pan like pancakes).
- 5 Bake on the upper rack for about 5–7 minutes. The tortilla turns a little brown around the edges when done. Keep your eye on the oven — don't let these tasty creations burn on the bottom!
- 6 Cut the big tortilla into smaller pieces (6 pieces per baking sheet).

### Quesadillas

- 1 Heat a small, non-stick skillet. Add oil (or butter) if desired. Put a tortilla in the frying pan and sprinkle with cheese, a handful of leafy greens

10g ⌚ 15 + 30 m Easy **Keto Asian cabbage stir-fry**

This keto stir-fry has a telling nickname: crack slaw. Yes, it really is that good! Easy to make. Amazingly tasty. No wonder people find it addicting!



4 servings

### Ingredients

- 25 oz. green cabbage
- 5 oz. butter
- 20 oz. ground beef
- 1 tsp salt
- 1 tsp onion powder
- ¼ tsp ground black pepper
- 1 tbsp white wine vinegar
- 2 garlic cloves
- 3 scallions, in slices
- 1 tsp chili flakes
- 1 tbsp fresh ginger, finely chopped or grated
- 1 tbsp sesame oil

### Wasabi mayonnaise

- 1 cup mayonnaise
- ½ - 1 tbsp wasabi paste

### Instructions

- 1 Shred the cabbage finely using a sharp knife or a food processor.
- 2 Fry the cabbage in 2–3 ounces (60–90 g) butter in a large frying or wok pan on medium-high heat, but don't let the cabbage turn brown. It takes a while for the cabbage to soften.
- 3 Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.
- 4 Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger and sauté for a few minutes.
- 5 Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.
- 6 Add scallions and cabbage to the meat. Stir until everything is hot. Add salt and pepper to taste, and top with the sesame oil before serving.
- 7 Mix together the wasabi mayonnaise by starting with a small amount of wasabi and adding more until the flavor is just right. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.