

2g Ⓞ 5 + 20 m Easy **Keto egg muffins**

One of the best time-saving keto breakfasts of all time, hands down. Delicious, savory egg muffins are convenient, easy to make, and perfect for on-the-go adults and kids! Make ahead of time, and revel in your preparedness!



6 servings

Ingredients

12 eggs
2 scallions, finely chopped
5 oz. air-dried chorizo or salami
or cooked bacon
6 oz. shredded cheese
2 tbsp red pesto or green pesto
(optional)
salt and pepper

Instructions

- 1 Preheat the oven to 350°F (175°C).
- 2 Grease a muffin tin thoroughly with butter.
- 3 Chop scallions and chorizo and add to the bottom of the tin.
- 4 Whisk eggs together with seasoning and pesto. Add the cheese and stir.
- 5 Pour the batter on top of the scallions and chorizo.
- 6 Bake for 15–20 minutes, depending on the size of the muffin tin.

6g ⌚ 5 + 15 m Easy Keto cauliflower soup with crispy pancetta

No time? No problem. This soup proves that keto food can be just as quick and easy as it is deeply satisfying. A silky, creamy soup topped with the salty crunch of fried pancetta, cauliflower and nuts. Who knew fast food could be so luxurious?

6 servings

Ingredients

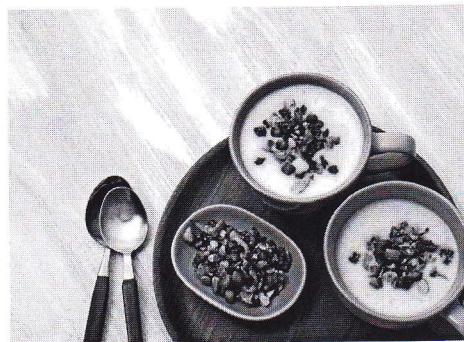
4 cups chicken broth or vegetable stock
 15 oz. cauliflower
 7 oz. cream cheese
 1 tbsp Dijon mustard
 4 oz. butter
 salt and pepper
 7 oz. pancetta or bacon, diced
 1 tbsp butter, for frying
 1 tsp paprika powder or smoked chili powder
 3 oz. pecans

Instructions

- 1 Trim the cauliflower and cut into smaller florets. The smaller you cut them, the quicker the soup will be ready.
- 2 Save a handful of fresh cauliflower and chop into tiny 1/4 inch bits.
- 3 Sauté the finely chopped cauliflower (from step 2) and pancetta or bacon in butter until crispy. Add nuts and paprika powder towards the end. Set aside the mixture for serving.
- 4 Meanwhile, boil the cauliflower florets in the stock until soft. Add cream cheese, mustard and butter.
- 5 Mix the soup, using an immersion blender, to desired consistency. The longer you blend, the creamier the soup. Salt and pepper to taste.
- 6 Serve the soup in bowls, and top with the fried pancetta mixture.

Tip!

Like variety? Then swap out the pecans for your favorite blend of nuts and seeds. And if you are running low on stock, no worries. Just replace it with lightly salted water.



8g Ⓞ 20 + 15 m Medium **Keto cheeseburger**

Cheeseburgers... what could be a more perfect centerpiece to your casual keto feast? Heavy on the flavor and satisfaction, but light on effort! And you don't need bread to make them wonderfully tasty—dress 'em up with delicious salsa and toppings instead!



4 servings

Ingredients

25 oz. ground beef
 7 oz. shredded cheese
 2 tsp garlic powder
 2 tsp onion powder
 2 tsp paprika powder
 2 tbsp fresh oregano, finely chopped
 2 oz. butter, for frying

Salsa

2 tomatoes
 2 scallions
 1 avocado
 1 tbsp olive oil
 salt
 fresh cilantro, to taste

Toppings

$\frac{3}{4}$ cup mayonnaise
 5 oz. cooked bacon
 4 tbsp Dijon mustard
 ~~$\frac{1}{2}$ cup sliced dill pickles~~

Instructions

- 1 Chop up the salsa ingredients and stir together in a small bowl. Set aside.
- 2 Mix in seasoning and half the cheese into the ground beef.
- 3 Make four burgers and fry in a pan or grill if you prefer. Add the remaining cheese on top towards the end.
- 4 Serve on lettuce with dill pickle and mustard. And don't forget the homemade salsa!

Tip!

Here's how to make your own super-healthy mayonnaise without soybean oil and additives.