5 Low Carb Breakfast Ideas

Looking for tasty, filling and simple low carb breakfast ideas? Here we’ll look at 5 great protein packed recipes that are not only low in carbs, but packed full of energizing nutrients.

1. Vegetables and eggs cooked in coconut oil

This delicious, nutrient packed breakfast is guaranteed to become one of your go-to recipes. It’s got so much natural flavor thanks to a range of spices, which are also going to help kick start the metabolism.

All you’ll need is frozen vegetables, coconut oil, eggs and a spice mix. If you’re not a spice fan, you can alternatively use salt and pepper to season the dish. Find the quick and easy recipe here.

<https://authoritynutrition.com/7-healthy-low-carb-meals/#1>

2. Fried egg with broiled tomatoes

If you’re looking for a light breakfast idea, friend eggs with broiled tomatoes is an excellent choice. Broiling the tomatoes give them a much sweeter flavor, even those which are out of season.

To add flavor to the dish, scallions and parmesan is used. It’s a very simple recipe and you can find it here.

<https://authoritynutrition.com/7-healthy-low-carb-meals/#1>

3. Bacon and eggs

Who doesn’t love a little bacon in the morning? This unique recipe shows you a different way to cook these common breakfast staples.

It’s a little more time consuming to prepare than some of the other recipes on the list, but the results are definitely worth it. Removing the yolk of the hard boiled eggs and filling them with cream cheese, makes this a surprisingly creamy, low-carb and protein packed breakfast you’ll want to cook over and over again.

Find the recipe here.

<http://www.lowcarbsosimple.com/bacon-and-eggs-in-a-different-way/>

4. Cream cheese pancakes

If you’re a pancake lover, you’ll love this great, simple recipe. Not only are these pancakes low-carb, but they’re also gluten free.

All you need is four ingredients including cinnamon, eggs, cream cheese and granulated sugar substitute. It’s surprising how good these actually taste considering they are so quick and simple to make.

Find the full recipe for these tasty, fluffy pancakes here.

<http://www.ibreatheimhungry.com/2012/01/cream-cheese-pancakes.html>

5. Apple with almond butter

If you find you struggle to eat much at breakfast time, this very simple recipe is perfect. All you need is an apple and some almond butter and you have a tasty, filling, low-carb breakfast snack.

You can make use of store-bought almond butter, but for best results it’s worth making your own. You can find the recipe for a low carb almond butter here.

<http://heathereatsalmondbutter.com/recipes/homemade-nut-butter/>

Overall, no matter what type of breakfast you’re in the mood for, you’ll always find low carb recipes to suit your preferences. The above 5 low carb breakfast ideas are just some of the delicious meals you can enjoy.