



# Low Carb Breakfast Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

- Basic Almond Flour Muffins
- Cinnamon Pancake Syrup
- Early Rise Breakfast
- Full English Breakfast
- Orange Pecan Muffins
- Perfect LC Pancakes
- Raspberry-Almond Crumb Cake
- Robin's Coffee Cake
- Salsa Sausage Quiche
- Sausage Quiche
- Sausage Spinach Bake
- Spanish-Style Sausage Quiche
- Spinach Sausage Brunch Casserole
- Swiss Onion Quiche
- Texas Sweet Onion Pie
- Tijuana Quiche

*Please refer to my website for the nutritional counts for these recipes.*

## BASIC ALMOND FLOUR MUFFINS

6 ounces almond flour (1 1/2 cups)  
1 teaspoon baking powder  
1/8 teaspoon salt  
2 tablespoons butter, melted  
Sweetener equal to 1 cup sugar  
1 teaspoon vanilla  
2 tablespoons heavy cream  
3 tablespoons water  
2 eggs



Put the almond flour, baking powder and salt in a medium mixing bowl. In a small bowl, melt the butter in the microwave. Add the sweetener, vanilla, cream and water to the butter. Add the liquid mixture and the eggs to the dry ingredients in the bowl. Mix well with a spoon. If the batter seems too stiff, stir in another tablespoon or two of water.

Spoon the batter into six paper-lined muffin cups. Bake at 350° 15-20 minutes, until the tops are golden brown. Remove from the pan and cool at least 5 minutes on a rack before serving. Store in the refrigerator.

Makes 6 muffins

### VARIATIONS:

Maple Nut Muffins - Add 1 1/2 teaspoons maple flavoring and 1/4 cup chopped pecans

Orange Muffins - Add 1 teaspoon orange extract and 1 tablespoons grated orange zest

Lemon Poppy Seed Muffins - Add 1 teaspoon lemon extract, lemon zest and 1 teaspoon poppy seeds

Banana Walnut Muffins - Add 1 teaspoon banana flavoring and 1/4 cup chopped walnuts

Blueberry Muffins - Add a handful of fresh blueberries

Cinnamon Muffins - Add 1 teaspoon cinnamon

## CINNAMON PANCAKE SYRUP

1/4 teaspoon oil  
1/4 teaspoon xanthan gum  
1 tablespoon butter  
1/2 cup water  
1/4 teaspoon blackstrap molasses  
Sweetener equal to 1/4 cup sugar  
1/4 teaspoon vanilla  
1/4 teaspoon maple flavoring  
1/4 teaspoon cinnamon

Mix the oil and xanthan gum in a 2-cup glass measuring cup. Add the butter; microwave on HIGH about 40 seconds to melt the butter. Whisk in the remaining ingredients. Microwave on HIGH about 30 seconds. Whisk well, then let stand a few minutes to allow the syrup to thicken. You can serve this warm or let it cool to room temperature first. I recommend storing it in the refrigerator.

Makes about 1/2 cup



## EARLY RISE BREAKFAST

1 pound pork sausage  
1/2 cup onion, chopped  
1/2 medium green pepper, chopped  
12-16 ounces bacon, chopped and fried until crisp  
Other cooked meats of your choice, such as ham, roast beef, etc.  
12 eggs  
1 cup heavy cream  
1/2 teaspoon salt, or to taste  
1/4 teaspoon pepper, or to taste  
4 ounce can mushrooms, drained  
8 ounces cheddar cheese, shredded

Brown the sausage, onions and peppers; drain the grease. Add the bacon and any other cooked meats you are using.

Whisk the eggs in a large bowl; whisk in the cream, salt and pepper. Put the meats, onion, green pepper, mushrooms and the cheese in a greased 9x13" baking dish; mix. Pour the egg mixture evenly over everything. Cover and chill overnight or bake at once.

Bake at 350° for 50-60 minutes if chilled or 40-45 minutes if not chilled, until golden brown and a knife inserted comes out clean.

Makes 8-12 servings



## FULL ENGLISH BREAKFAST

2 eggs  
3 slices Canadian bacon  
2 brown and serve sausage links  
1 Roma tomato, halved lengthwise  
2 ounces fresh mushrooms, quartered  
1 tablespoon butter  
Salt and pepper, to taste

Heat the butter in a large skillet. Sauté the mushrooms on medium-high heat until tender, season to taste with salt and pepper. Remove from the pan and keep warm. In the same skillet, place the tomatoes, bacon and sausage links. Cook until heated through and browned. Turn to cook both sides of the tomato and meats. Sprinkle the tomatoes with salt and pepper. Meanwhile, fry or scramble the eggs in the remaining butter in a small skillet. Arrange everything on a dinner plate and eat at once.

Makes 1 serving



## ORANGE PECAN MUFFINS

4 ounces almond flour (1 cup)  
1/2 cup golden flax meal (2 ounces)  
1 teaspoon baking powder  
1/8 teaspoon salt  
1/4 cup pecans, chopped (1 ounce)  
Sweetener equal to 1 cup sugar  
2 tablespoons butter  
1 teaspoon pure orange extract  
1 teaspoon vanilla  
2 tablespoons heavy cream  
2 tablespoons water  
1 tablespoon orange zest (from 1 small orange)  
2 eggs



In a small bowl, stir together the almond flour, flax meal, baking powder, salt and nuts. In a medium microwave-safe bowl, melt the butter in the microwave. Stir in the sweetener, the extracts, cream, water and orange zest. Add the dry ingredients and the eggs to the butter mixture; stir with a wooden spoon until well blended.

Fill 6 paper-lined muffin cups with the batter, dividing it evenly among them. Bake at 350° 15-20 minutes, until the tops are golden brown. Cool 5 minutes on a rack. Serve warm or at room temperature. Store in the refrigerator.

Makes 6 muffins

## PERFECT LC PANCAKES

1 cup almond flour (3 ounces)  
1/4 teaspoon baking powder  
Generous dash salt  
3 eggs  
1/2 teaspoon vanilla  
Sweetener equal to 1 teaspoon sugar  
2 tablespoons water, or more as needed

Mix all of the ingredients, except the water, with a fork in a medium bowl. Add enough water until you have a pancake batter consistency. Heat some oil in a nonstick skillet over medium heat until a splash of water thrown into the pan sizzles. Ladle about 1/4 cup batter per pancake into the skillet and cook on both sides until golden brown, flipping them when the tops look lumpy from air bubbles.

Makes 4 pancakes



## RASPBERRY-ALMOND CRUMB CAKE

3 1/2 ounces almond flour (3/4 cup plus 2 tablespoons)

1/3 cup granular sweetener \*

1/8 teaspoon salt

1/4 cup cold butter, cut into small cubes

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/3 cup sour cream

2 tablespoons heavy cream

1 teaspoon vanilla

1 egg

3 ounces cream cheese, softened

Sweetener equal to 2 tablespoons sugar

1/8 teaspoon almond extract

1 egg white

1/3 cup sugar free raspberry jam

3/4 ounce sliced almonds (2 tablespoons)

In a medium bowl, mix the almond flour, 1/3 cup granular sweetener and salt; cut in the butter with your fingers until you get coarse crumbs. Set aside 1/2 of the crumb mixture for the topping and keep it chilled until needed. *(continued on the next page)*



To the remaining almond flour mixture, add the baking powder, baking soda, sour cream, heavy cream, vanilla and whole egg. Whisk until well blended. Pour into a greased 8-inch round cake pan.

In the same mixing bowl, whisk the cream cheese, 2 tablespoons sweetener, almond extract and the egg white until smooth. Pour the cream cheese mixture all over the cake batter and try to distribute it as evenly as possible. Distribute the jam in small dollops all over the top of the cake batter. Sprinkle the reserved topping and sliced almonds over the top.

Bake at 350° 30 minutes until the cake is golden brown and the top springs back when lightly touched. Cool before serving. Store in the refrigerator.

Makes 8 servings

\* Granular sweetener is required here because liquid sweetener would not get evenly distributed throughout the mixture.



## ROBIN'S COFFEE CAKE

1/2 cup butter, softened slightly  
4 ounces cream cheese, softened  
Sweetener equal to 1 cup sugar  
1 teaspoon almond extract  
1 teaspoon vanilla  
5 eggs, room temperature  
6 1/2 ounces almond flour (1 1/2 cups plus 2 tablespoons)  
1 teaspoon baking powder

### Crumb Topping:

1/2 cup almond flour (2 ounces)  
Granular sweetener equal to 1/4 cup sugar  
1 teaspoon cinnamon  
3 tablespoons butter, softened just until pliable

Cream the butter, cream cheese, sweetener and extracts. Add the eggs, one at a time. Mix the almond flour and baking powder. Add to the egg mixture. Pour into a greased 9" round cake pan.

Mix the topping ingredients until crumbly; sprinkle over the cake batter. Bake at 350° 45-50 minutes, or until the top is nicely browned and the cake is firm to the touch.

Makes 12 servings



## SALSA SAUSAGE QUICHE

1 pound pork sausage  
8 ounces cheddar cheese, shredded  
3 eggs  
1 cup salsa

Crumble and brown the sausage; drain the grease. Place the sausage in a greased 10-inch glass pie plate. Top with half of the cheese and mix with the sausage. Beat the eggs and salsa; pour over the sausage and cheese and spread it evenly. Top with the remaining cheese.

Bake at 350° 30-35 minutes or until the quiche is firm in the center. Let stand 10 minutes before serving.

Makes 6-8 servings



## SAUSAGE QUICHE

1 pound pork sausage, browned  
8 ounces cheddar cheese, shredded  
6 eggs  
1/2 teaspoon salt  
Dash pepper  
1/2 cup heavy cream

Put the sausage in the bottom of a large greased pie plate. Top with the cheese. Beat the eggs, salt, pepper and cream. Pour the egg mixture evenly over the sausage and cheese.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand about 10 minutes before cutting.

Makes 6-8 servings



## SAUSAGE SPINACH BAKE

1 pound pork sausage  
10 ounces frozen spinach, thawed and drained  
1/3 cup roasted red peppers, diced  
1/2 cup heavy cream  
4 eggs  
1/4 teaspoon salt  
Dash pepper  
4 Roma tomatoes, sliced thin  
6 tablespoons parmesan cheese (1 1/2 ounces)



Brown the sausage in a large skillet; drain the grease. Place in a greased 11x7" baking dish along with the spinach and peppers.

In a small bowl, whisk the cream and eggs. Add the salt and a dash of pepper. Pour over the sausage and vegetables; mix everything. Arrange the sliced tomatoes in a single layer over the top; sprinkle the cheese over the tomatoes. Bake at 350° 35-40 minutes or until set in the center and nicely browned on top. Let stand about 10 minutes before serving.

Makes 6 servings



## SPANISH-STYLE SAUSAGE QUICHE

1 pound regular or hot pork sausage  
1 small onion, chopped  
1 small green pepper, diced  
1 small Roma tomato, diced  
8 ounces sharp cheddar cheese, shredded  
6 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
Dash pepper

In a large skillet, brown the sausage with the onion. When the sausage is cooked through, drain off the grease. Add the green pepper and tomato. Cook over medium-high heat until the peppers are tender-crisp and some of the juice from the tomato has cooked off. Drain the sausage and vegetables on a paper towel-lined plate then put in the bottom of a greased 10" pie plate. Top with the cheese.

Whisk the eggs, cream, salt and pepper. Evenly pour the egg mixture over the sausage and cheese. Bake at 350° for 30-35 minutes until knife inserted in center comes out clean. Let stand about 10 minutes before cutting.

Makes 6-8 servings



## SPINACH SAUSAGE BRUNCH CASSEROLE

1 pound bulk Italian sausage  
1 cup onion, chopped  
8 ounces provolone cheese, shredded and divided  
2 roasted red bell peppers, chopped, divided  
10 ounces frozen chopped spinach, thawed and drained  
1/4 cup parmesan cheese (1 ounce)  
8 eggs  
1 cup heavy cream  
1/2 teaspoon salt  
1 tablespoons fresh basil, chopped

Brown the sausage and onion; drain on paper towels. Spread the sausage in the bottom of a greased 9x13" baking dish. Sprinkle half of the provolone cheese and half of the chopped red pepper over the sausage then top with the spinach. Sprinkle the parmesan cheese over everything.

In a large bowl, whisk the eggs and cream until well blended. Whisk in the salt and basil. Pour the egg mixture evenly over everything. Bake at 425° 20-25 minutes or until a knife inserted into the center comes out clean and the casserole is lightly browned.

Sprinkle the remaining red peppers and provolone cheese over the top of the casserole. Bake another 3-5 minutes until the cheese has melted. Let stand 5 minutes then cut into squares.

Makes 8 servings



## SWISS ONION QUICHE

1 medium onion, chopped  
1 tablespoon butter  
6 eggs  
1/2 cup heavy cream  
8 ounces Swiss cheese, shredded  
1/2 teaspoon salt  
Dash pepper

Sauté the onion in butter until tender and slightly browned. Grease a 9-10" glass pie plate. Arrange the cheese on the bottom of the plate; evenly distribute the onions over the cheese. Beat the eggs, cream, salt and pepper well. Pour evenly over the cheese and onions.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before slicing.

Makes 6-8 servings



## TEXAS SWEET ONION PIE

1 large onion, sliced thin  
2 tablespoons butter  
8 ounces Monterey jack cheese, shredded  
3 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
1 teaspoon chili powder

Sauté the onion in butter until tender and slightly caramelized. Place the cheese in a greased pie plate; top with the onions. Beat the eggs, cream and seasonings; pour over the cheese and onions.

Bake at 350° for 30-35 minutes until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings



## TIJUANA QUICHE

4 ounces cheddar cheese, shredded  
8 ounces Monterey jack cheese, shredded  
4 ounce can chopped green chiles  
4 eggs  
1/2 cup heavy cream  
1/2 teaspoon salt  
1/4 teaspoon pepper

Put the cheeses in a greased 9-10" pie plate. Scatter the chiles evenly over the cheese. In a medium bowl, beat the eggs, cream and seasonings; pour evenly over the cheese and chiles.

Bake at 350° for 30-35 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Makes 6-8 servings

