

VEGETARIAN OPTIONS

a compilation of easy keto breakfast options

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KETO ROTI

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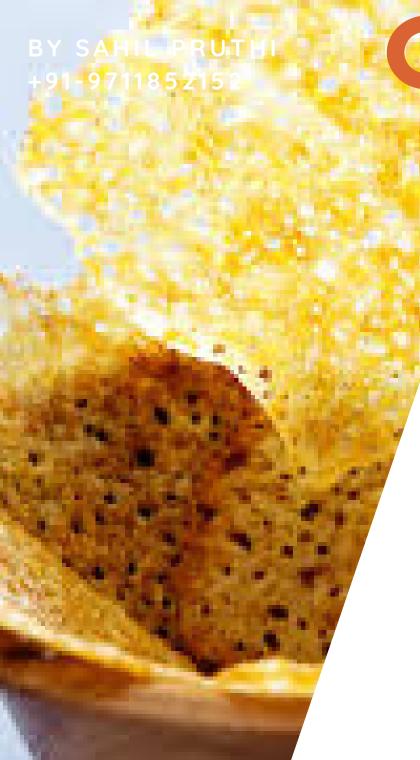
Take Keto Flour/ Almond Flour and add half
the water to it. The ingredients will start binding
with each other; add more only if you think the
batter is very dry and not coming together.

• Let the prepared dough rest for 30 minutes before using it.

 Heat the griddle or non-stick pan on which you intend to cook the chapati.

- Make a small ball out of the dough and using a rolling pin (Bailan) or chapati maker, flatten it into a round roti.
- Place it on the pan. Keep the heat high and let it get cooked on one side before you turn it. (Just like your normal roti)
- Once it is cooked all the sides, Your Keto Roti is ready.





CHESE CHIPS

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- Preheat the oven to 400°F (200°C).
- Add shredded cheese in small heaps on a baking sheet lined with parchment paper. Make sure to leave enough room in between them so they aren't touching.
- Sprinkle paprika powder on top and bake in the oven for about 8-10 minutes, depending on how thick they are. Pay attention towards the end so that you don't burn the cheese, as burnt cheese tends to have a bitter taste.
- Let it cool on a cooling rack, and enjoy — great alone as a crunchy snack or perfect to serve with a dip.



UTTAPAM

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- Mix almond flour as required and water in a bowl and make a thick batter.
- Add chopped onion or chopped tomato, chopped green chilli, a bit of coriander and pink salt as required in the prepare batter.
- Mix them well enough.
- Rub a little ghee(as mentioned in you diet) over a pan and pour one 50gms of uttapam batter into it. Smooth it clockwise till you get a round shape.
- Cook on low fire for two minutes till that side is golden brown. Now flip on to the other side and cook till done.
- Enjoy your Uttapam while on ketosis.