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# VEGETARIAN OPTIONS

*Keto India*

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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.



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# CHEESE 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.

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