

# 10 LOW CARB BREAKFASTS

A close-up photograph of a glass bowl filled with a dark, gelatinous chia seed pudding. The pudding is topped with several pieces of bright red, freeze-dried strawberries. The bowl is placed on a red and white checkered tablecloth. The background is slightly blurred, showing more of the tablecloth and some additional strawberries.

**DIABETES.CO.UK COOKBOOK**



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## EXOTIC GRANOLA

Prep Time | 10 mins  
Cooking Time | 35 mins

### SERVES 4

### INGREDIENTS

- 150g rolled oats
- 25g ground flaxseed
- Zest of an orange
- 1 tsp. cinnamon
- 25g coconut flakes
- 50g mixed dried exotic fruit (such as, cranberries, pineapple, mango, apricots)
- 50ml unsweetened almond milk
- 2 tbsp. coconut oil
- 50g unsalted almonds, whole

### NUTRITIONAL VALUE (PER SERVING):

- Calories 400
- Total Fat 20g
- Saturated Fat 11g
- Carbohydrates 43g
- Fibre 11g
- Protein 9g

### PREPARATION METHOD

Preheat the oven to Gas Mark 2 or 150°C.  
In a large bowl, mix together the oats, flaxseed, orange zest, cinnamon, coconut flakes and dried fruit. Then, put to one side.  
Put the almond milk and coconut oil in a large saucepan, and pop on a medium heat for 3 minutes.  
Pour the milk mixture onto the oat mixture and combine well.  
Line a large baking tray with baking parchment and spread the granola on it evenly and thinly.  
Bake the granola in the preheated oven for 20-25 minutes until it turns golden brown.  
Next, remove the granola from the oven and place aside to cool down.  
Serve with lashings of milk or yoghurt, topped with the almonds. Truly delectable!  
Your Exotic Granola will keep for up to 2 weeks in an airtight container.



## NO GRAIN CEREAL

Prep Time | 15 mins  
Cooking Time | 20 mins

### SERVES 6

#### INGREDIENTS

200g coconut flakes  
75g flaxseed  
50g sunflower seeds  
50g pumpkin seeds  
75g walnut pieces  
2 tbsp. coconut oil  
1 tsp. ground cinnamon  
2 tbsp. agave nectar

#### NUTRITIONAL VALUE (PER SERVING):

Calories 535  
Total Fat 47g  
Saturated Fat 25g  
Carbohydrates 22g  
Fibre 10.3g  
Protein 11g

### PREPARATION METHOD

Preheat the oven on Gas Mark 4 or 180°C.  
Line a large baking tray with baking parchment.  
Mix the coconut flakes, flaxseed, sunflower seeds, pumpkin seeds and walnut pieces in a large bowl and spread evenly on the baking tray.  
Melt the coconut oil in a small sauce pan, on a low heat. Mix in the cinnamon and agave nectar.  
Next, pour this mixture onto the grain and nut mixture, ensuring that there is even coverage.  
Pop the cereal into the preheated oven and bake for 20 minutes, stirring at regular intervals to avoid any burning.  
Remove the mixture and let it cool down totally.  
This cereal can be stored in an airtight container for up to 2 weeks.



## CHOCOLATE & COCONUT CHIA BREAKFAST

Prep Time | 15 mins  
Chilling Time | Overnight

### SERVES 2

#### INGREDIENTS

400ml coconut milk  
100ml water  
50g chia seeds  
30g unsweetened dark chocolate  
(minimum 85% cocoa solids), melted  
1 tbsp. agave nectar  
1 tsp. cinnamon

#### NUTRITIONAL VALUE (PER SERVING):

Calories 328  
Total Fat 30g  
Saturated Fat 22g  
Carbohydrates 19g  
Fibre 6g  
Protein 5g

### PREPARATION METHOD

Break the chocolate into pieces and warm up the chocolate on a low heat in a medium sized saucepan. This will take 2-3 minutes. Ensure the mixture doesn't boil.  
Pop the coconut milk, water, chia seeds, melted chocolate, agave nectar and cinnamon in a large bowl.  
Mix thoroughly and chill in the fridge overnight.  
In the morning, divide into two bowls, decorate with berries of your choice, and tuck in!





Prep Time | 15 mins  
Chilling Time | Overnight

## BERRY CHIA SPECIAL

**SERVES 2**

### INGREDIENTS

50g raspberries  
50g strawberries  
300ml light coconut milk  
100ml water  
50g chia seeds  
1 tbsp. agave nectar

### NUTRITIONAL VALUE (PER SERVING):

Calories 242  
Total Fat 18g  
Saturated Fat 14g  
Carbohydrates 19g  
Fibre 4g  
Protein 3.3g

### PREPARATION METHOD

In a large bowl, mash the raspberries and strawberries using a fork.  
Then, mix in the coconut milk, water, chia seeds and agave nectar.  
Pop in the fridge overnight.  
The next morning your Berry Chia Special is ready to serve and enjoy.  
Divide the Berry Chia Special into bowls and tuck in!



Prep Time | 10 mins  
Cooking Time | 10 mins

## PECAN PORRIDGE

**SERVES 2**

### INGREDIENTS

75g porridge oats  
300ml whole milk  
100ml cold water  
50g toasted pecans, chopped  
½ tsp. ground nutmeg  
1 tbsp. agave nectar

### NUTRITIONAL VALUE (PER SERVING):

Calories 432  
Total Fat 26g  
Saturated Fat 5.5g  
Carbohydrates 41.5g  
Fibre 7g  
Protein 12g

### PREPARATION METHOD

Throw the porridge oats into a large saucepan with the milk, cold water, half the pecans, ground nutmeg and agave nectar.  
On a medium heat, bring the mixture to the boil, stirring throughout. Then, lower the heat and cook for a further 5 minutes.  
Pop into two serving bowls, top with the remaining pecans and relish!





Prep Time | 5 mins  
Cooking Time | 20 mins

## HAZELNUT & STRAWBERRY QUINOA DELIGHT

**SERVES 2**

### INGREDIENTS

75g uncooked quinoa  
300ml almond milk  
1 tbsp. agave nectar  
1 tsp. vanilla extract  
Pinch of cinnamon  
100g strawberries, sliced  
50g hazelnuts, finely chopped

### NUTRITIONAL VALUE (PER SERVING):

Calories 373  
Total Fat 17g  
Saturated Fat 1g  
Carbohydrates 45g  
Fibre 7.3g  
Protein 11g

### PREPARATION METHOD

Pop the quinoa and almond milk in a large sauce pan on a low heat.  
Bring the mixture to the boil. Then, lower the heat, stirring occasionally, and simmer for 10 minutes.  
Add in the agave nectar, vanilla extract and cinnamon, and cook for another 2-3 minutes, until the quinoa becomes soft.  
Top with strawberries and a scattering of chopped hazelnuts, and enjoy!



Prep Time | 10 mins  
Cooking Time | 15 mins

## BACON, MUSHROOM & TOMATO OMELETTE

**SERVES 2**

### INGREDIENTS

2 tbsp. vegetable oil  
1 medium onion, finely chopped  
120g button mushrooms, sliced  
50g cooked new potatoes, diced  
50g lean bacon rashers, finely chopped  
4 large free range eggs  
4 tbsp. water  
Salt and freshly ground pepper

### NUTRITIONAL VALUE (PER SERVING):

Calories 352  
Total Fat 25g  
Saturated Fat 4.2g  
Carbohydrates 10g  
Fibre 0.2g  
Protein 20g

### PREPARATION METHOD

Pop a tablespoon of the vegetable oil into a frying pan on medium heat and fry the onion, mushrooms, diced new potato and bacon bits for 4 minutes, turning regularly until the vegetables are brown and the bacon is crisp.  
Beat the eggs and water in a jug and season with salt and freshly ground pepper to taste.  
Add the vegetables and bacon to the egg mixture, and stir well.  
Next, put another tablespoon of vegetable oil in a non-stick frying pan on a low heat. Then, pour in the egg mixture and cook for 4 minutes until the omelette is cooked and brown underneath.  
To brown the top of the omelette, place the frying pan under a hot grill for 2 minutes.  
Divide the omelette in two equal portions and plate up!





Prep Time | 10 mins  
Cooking Time | 15 mins

## BAKED EGGS WITH CHORIZO

### SERVES 2

#### INGREDIENTS

1 green bell pepper  
1 red bell pepper  
1 tbsp. vegetable oil  
100g chorizo, diced  
1 small onion  
2 garlic cloves, finely chopped  
220g tinned tomatoes, finely chopped  
120ml vegetable stock  
Salt and freshly ground pepper to taste  
2 large free range eggs

#### NUTRITIONAL VALUE (PER SERVING):

Calories 440  
Total Fat 31g  
Saturated Fat 9g  
Carbohydrates 17.4g  
Fibre 5g  
Protein 22g

### PREPARATION METHOD

Preheat the oven to Gas Mark 4 or 180°C.  
Throw the bell peppers in a roasting tin and roast for 15 minutes. Once they have become soft, remove from the oven and place aside to cool down.  
Peel and core the bell peppers and remove their seeds. Next, cut them into strips.  
Pour the vegetable oil into a non stick frying pan on a medium heat, and cook the chorizo, onion and garlic for 3 minutes.  
Mix in the bell peppers, tinned tomatoes and vegetable stock. Cook the entire mixture until it reduces which takes 3-4 minutes.  
Season with the salt and freshly ground pepper and split the mixture between two ovenproof dishes.  
Insert a hollow in each dish, crack an egg in and bake until for 10 minutes until the egg is cooked.  
Once cooked, remove from the oven and your meal is ready to relish!



Prep Time | 10 mins  
Cooking Time | 15 mins

## BRIE & CHIVE OMELETTE

### SERVES 2

#### INGREDIENTS

4 large free range eggs  
Salt and freshly ground pepper, to taste  
2 tbsp. chives, finely chopped  
120g Brie, (suitable for vegetarians) diced  
1 tbsp. vegetable oil  
2 spring onions, for garnish  
6 radishes  
50g cos lettuce, shredded

#### NUTRITIONAL VALUE (PER SERVING):

Calories 513  
Total Fat 37g  
Saturated Fat 13g  
Carbohydrates 4.5g  
Fibre 1.2g  
Protein 22g

### PREPARATION METHOD

It is easiest to make one omelette at a time.  
Separate the egg yolks from the egg whites and place into 2 separate bowls.  
Pop the chives in with the egg yolks and beat them. Then, season with salt and freshly ground pepper. Throw the chopped cheese in with the egg yolks and mix well.  
Using an electric hand whisk, whisk the egg whites until they form stiff peaks, then fold them into the cheesy egg mixture with a metal spoon.  
Pour half a tablespoon of vegetable oil into a non-stick frying pan on a medium heat, and add half the egg mixture for one omelette.  
Cook the omelette for 3-4 minutes. Place the frying pan under a hot grill and carry on cooking the omelette for 1-2 minutes.  
Repeat the process with the other half of the egg mixture.  
To dish up, tip onto a serving plate, scatter with spring onions and serve with a side of radishes and lettuce.





## COURGETTE, BELL PEPPER & SWEET POTATO FRITTATA

Prep Time | 30 mins  
Cooking Time | 30 mins

### SERVES 2

### INGREDIENTS

1 tbsp. olive oil  
2 medium courgettes, thinly sliced into rounds  
1 medium red bell pepper, sliced into long strips  
1 small onion, chopped  
100g sweet potato, cut into 1 inch cubes  
25g fresh basil  
Salt to taste  
6 large free range eggs, lightly beaten

### NUTRITIONAL VALUE (PER SERVING):

Calories 389  
Total Fat 23g  
Saturated Fat 6.2g  
Carbohydrates 25g  
Fibre 4.5g  
Protein 24g

### PREPARATION METHOD

Pop the oil in a large non-stick frying pan on a low heat.

Throw in the courgette, bell pepper and onion. Cook for 4 minutes until the courgette is cooked, stirring throughout.

Mix in the sweet potato pieces, half of the basil, and season with salt to your taste. Next, turn the heat up to medium and cook for another minute.

Then, pour the eggs into vegetable mixture. Mix thoroughly and cook, without any stirring, for 3 minutes.

As the frittata cooks, lift up its edges with a spatula and tilt the frying pan so that any uncooked egg mixture can move to the edges.

Lower the heat and carry on cooking, covered, for 15 minutes.

To check the frittata is cooked, insert a knife into the centre. If the knife comes out clean, your frittata is ready to eat.

Garnish with the remaining basil and serve straight away. Hmmm, delicious!

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