

# Low-carb Breakfast Tapas



A quick 5 minutes Ketogenic breakfast/appetizer on the plate! Cold meat, top-notch cheese & vegetables- always a crown winner!

## Ingredients for 2 serving (US/Metric)

- 4 pieces Prosciutto
- 39g / 1.4oz Chorizo
- 23g / 0.8oz Cheese, cheddar
- 0.5 pieces Cucumber, medium size
- 17g / 0.6oz Red Bell Pepper
- 2 tbsp Mayonnaise
- Salt & pepper to taste

## Nutrition (US/Metric)

- Protein: 19%
- Fat: 79%

- **Net carbs: 2%**

## **Instructions**

1. Prep the cheese, cold cuts, & veggies by chopping them into cubes/sticks.
2. Serve by laying them on a dish and relish!