

# 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!