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
- 39*g* / 1.4*oz* Chorizo
- 23g / 0.8oz Cheese, cheddar
- 0.5 pieces Cucumber, medium size
- 17*g* / 0.6*oz* **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!