

# 10 Keto Food Recipes Under 20 Minutes: The Easiest Way to Start Your Keto Diet

Starting a keto diet can be daunting, but it doesn't have to be difficult. With these 10 easy keto food recipes, you can get started in no time and start enjoying the benefits of a low-carb, high-fat diet.



## 10 KETO FOOD RECIPES under 20 Minutes: Easiest Way by Zack Horton

★★★★☆ 4 out of 5

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The keto diet is a popular weight loss diet that involves eating a high amount of fat and a low amount of carbohydrates. This forces your body to burn fat for energy instead of glucose, which can lead to weight loss and other health benefits.

However, getting started on a keto diet can be challenging, especially if you're not used to cooking. That's why we've put together this list of 10 easy keto food recipes that you can make in under 20 minutes.

### 1. Scrambled Eggs with Bacon and Cheese

This is a classic keto breakfast recipe that is quick and easy to make. Simply scramble some eggs with your favorite cheese and add some cooked bacon for a satisfying and filling meal.

- Ingredients:
  - 2 eggs
  - 1/4 cup shredded cheddar cheese
  - 2 slices bacon, cooked and chopped
- Instructions:
  - Heat a small skillet over medium heat.
  - Pour the eggs into the skillet and cook, stirring frequently, until set.
  - Add the cheese and bacon and cook until the cheese is melted.
  - Serve immediately.



## 2. Keto Pancakes

These keto pancakes are a great way to satisfy your sweet tooth without breaking your diet. They're made with almond flour, coconut flour, and eggs, and they're topped with a sugar-free syrup.

- Ingredients:

- 1/2 cup almond flour
- 1/4 cup coconut flour
- 2 eggs
- 1/4 cup unsweetened almond milk
- 1/4 teaspoon baking powder
- 1/4 teaspoon vanilla extract
- Sugar-free syrup, for topping
  
- Instructions:
  - Preheat a griddle or skillet over medium heat.
  - In a large bowl, whisk together the almond flour, coconut flour, eggs, almond milk, baking powder, and vanilla extract.
  - Pour 1/4 cup of the batter onto the hot griddle for each pancake.
  - Cook for 2-3 minutes per side, or until golden brown.
  - Serve immediately with sugar-free syrup.



### 3. Keto Pizza

This keto pizza is a delicious and easy way to satisfy your cravings for pizza. It's made with a low-carb crust that's topped with your favorite toppings.

- Ingredients:

- 1 cup almond flour
- 1/2 cup mozzarella cheese, shredded
- 1/4 cup ricotta cheese
- 1/4 cup tomato sauce
- Your favorite pizza toppings
- Instructions:
  - Preheat oven to 400 degrees F (200 degrees C).
  - In a large bowl, combine the almond flour, mozzarella cheese, and ricotta cheese.
  - Press the dough into a 12-inch pizza pan.
  - Spread the tomato sauce over the crust.
  - Add your favorite pizza toppings.
  - Bake for 10-15 minutes, or until the crust is golden brown and the cheese is melted.
  - Let cool for a few minutes before slicing and serving.

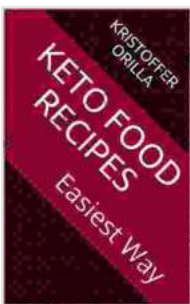


#### 4. Keto Tacos

These keto tacos are a fun and easy way to enjoy tacos without the carbs. They're made with low-carb tortillas that are filled with your favorite taco fillings.

- Ingredients:

- 10 low-carb tortillas
- 1 pound ground beef
- 1/2 cup taco seasoning
- Your favorite taco toppings
- Instructions:
  - Preheat a large skillet over medium heat.
  - Brown the ground beef in the skillet.
  - Add the taco seasoning and cook according to package directions.
  - Warm the tortillas in the microwave or on a hot griddle.
  - Fill the tortillas with the ground beef and



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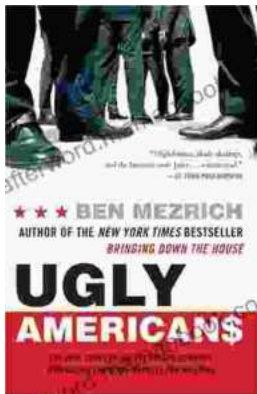






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