TOP 20 DIABETIC BREAKFAST RECIPES
20 Low Carb Breakfast Ideas

If you thought your days of sitting down to a hearty fulfilling breakfast were over, think again. This collection of recipes has some low-carb alternatives for your hearty breakfast favorites.

Broccoli Frittata

**INGREDIENTS**

- 1 cup margarine
- ½ cup non-fat cottage cheese
- ½ tsp dried dill
- 2 cups fat-free egg substitute
- 2 cups frozen chopped broccoli
- 1 tsp olive oil
- 2 tsp margarine
- 1 large onion, diced

**DIRECTIONS**

Combine the margarine, sugar substitute, and salt substitute together in a large bowl. Mix cottage cheese and egg substitute together; set aside. In large non-stick frying pan over medium heat, sauté onions in oil for 5 minutes, or until soft. Add broccoli and dill; sauté for 5 minutes, or until broccoli mixture softens. Set vegetable aside.

Wipe out frying pan. Add 1 tsp. margarine and swirl the pan to distribute it. Add half of the vegetable mixture, and then add half of the egg mixture; lift and rotate pan so that eggs are evenly distributed.

As eggs set around the edges, lift them to allow uncooked portions to flow underneath. Turn heat to low, cover the pan, and cook until top is set. Invert onto a serving plate and cut into wedges. Repeat with remaining 1 tsp. margarine, vegetable mixture, and egg mixture.

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**Fantastic Fruit Medley**

**INGREDIENTS**
- 1 ½ cups fresh strawberries, sliced
- 2 medium bananas (about 8 inches each), sliced
- 1 cup green seedless grapes, halved
- ¼ cup maraschino cherries, rinsed, drained, and quartered
- 1 can (15 ounces) tropical fruit salad in juice, drained, with juice reserved
- 1 can (15 ounces) sliced peaches in juice, drained, with juice reserved
- 1 teaspoon sugar-free orange drink mix (such as Tang)
- 1 package (1 ounce) fat-free, sugar-free vanilla instant pudding mix

**DIRECTIONS**

In a large bowl, combine strawberries, bananas, grapes, cherries, fruit salad, and peaches; set aside. In a separate bowl, combine reserved juices, powdered drink mix, and dry pudding mix; mix well with a wire whisk. Spoon mixture over fruit and toss gently to coat. Chill 30 minutes before serving.

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**Raspberry Strudel Croissants**

**INGREDIENTS**
- ¼ cup frozen red raspberries, thawed and drained, or fresh red raspberries
- 2 tablespoons low-sugar red raspberry preserves
- ¼ teaspoon finely shredded lemon peel
- 4 sheets frozen phyllo dough (14x9-inch rectangles), thawed
- Butter-flavor nonstick cooking spray
- Powdered sugar and/or finely shredded lemon peel (optional)
- Fresh raspberries (optional)

**DIRECTIONS**

In a bowl, combine the ¼ cup raspberries, preserves, and the ¼ teaspoon lemon peel. Using a potato masher or the back of a large spoon, mash berry mixture. Preheat oven to 375 degrees F. Line a baking sheet with parchment paper; set aside. Unfold phyllo dough; place one sheet of the dough on a clean flat surface. (As you work, cover the remaining phyllo dough with plastic wrap to prevent it from drying out.) Lightly coat phyllo sheet with nonstick cooking spray. Place another sheet of the phyllo dough on top of the first sheet; coat with nonstick cooking spray. Repeat layering with two more sheets, coating each with nonstick cooking spray. You should have a stack of four sheets. Using a pastry wheel or pizza cutter, cut an 8 ½-inch circle in the dough. Cut circle into six wedges. Spread the raspberry mixture atop wedges, leaving a ¼-inch border around the raspberry layer. Starting at the wide end of each wedge, loosely roll toward the point. Place rolls, point sides down, 2 to 3 inches apart on the prepared baking sheet. Lightly coat filled croissants with nonstick cooking spray. Bake for 12 to 14 minutes or until pastry is golden brown. Transfer to a wire rack; let cool. If desired, sprinkle croissants with powdered sugar and/or additional lemon peel. If desired, garnish with additional fresh raspberries.

**Nutrition Facts**

**Servings 6**

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Mexican Potato Omelet

**INGREDIENTS**
- 2 teaspoons extra-virgin olive oil, divided
- 1 cup frozen hash-brown potatoes, or diced cooked potatoes
- 1 4-½-ounce can chopped mild green chiles
- 4 large eggs
- ½ teaspoon Tabasco hot sauce, such as
- ¼ teaspoon salt, or to taste
- Freshly ground pepper, to taste
- ½ cup grated pepper Jack, or Cheddar cheese
- ¼ cup chopped scallions
- ¼ cup coarsely chopped fresh cilantro, or parsley

**DIRECTIONS**
Heat 1 teaspoon oil in a 10-inch nonstick skillet over medium-high heat.
Add potatoes and cook until golden brown, shaking the pan and tossing the potatoes from time to time, 3 to 5 minutes. Stir in chiles and transfer to a plate.
Wipe out the pan. Blend eggs, hot sauce, salt and pepper with a fork in a medium bowl. Stir in cheese, scallions, cilantro (or parsley) and the potato mixture.
Set a rack about 4 inches from the heat source; preheat the broiler. Brush the pan with the remaining 1 teaspoon oil; heat over medium heat. Pour in the egg mixture and tilt to distribute evenly. Reduce the heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 ½ to 2 ½ minutes. Slide the omelet onto a platter and cut into wedges.

**Nutrition Facts**
Servings 2
Calories 335
Carbohydrates 11g
Cholesterol 402mg
Dietary Fiber 2g
Fat 23g
Monounsaturated Fat 7g
Potassium 350mg
Protein 21g
Saturated Fat 9g
Sodium 872mg

**Bonus**
- Vitamin C (52% daily value)
- Calcium (30% dv)

**Carbohydrate Servings 1**

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**Good Morning Milk Shake**

**INGREDIENTS**
- 1 cup of vanilla soy milk
- 1 Tbsp creamy peanut butter
- ½ banana
- ½ tsp cinnamon
- 4-6 ice cubes

**DIRECTIONS**
In a blender, combine soy milk, peanut butter, banana, cinnamon, and ice cubes. Blend until smooth.

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**Low Carb Cauliflower Hash Browns**

**INGREDIENTS**
- 12 ounces grated fresh cauliflower (about ½ medium head)
- 4 slices bacon (chopped.)
- 3 ounces chopped onions (about ½ cup)
- 1 tablespoon butter (melted or softened.)
- salt and pepper

**DIRECTIONS**
In a large skillet, cook the bacon and onion until they just start to brown. Add the cauliflower; cook and stir until the cauliflower is tender and browned all over. Add butter occasionally through the cooking process to assist with browning. Season to taste with salt and pepper.
Country Breakfast Bake

**INGREDIENTS**

- 1 ½ cups liquid egg substitute
- 1 package (2.75 ounces) no-fat, country-style gravy mix (such as Pioneer)
- 1 ½ cups skim milk
- 2 dashes black pepper
- Cooking spray
- 6 slices whole wheat bread (substitute white bread if desired)
- 6 ounces sausage-style soy crumble (such as Morningstar Farms)
- 1 cup finely shredded, reduced-fat sharp Cheddar cheese
- 1 teaspoon dried parsley flakes
- Paprika

**DIRECTIONS**

Preheat oven to 350°F. In a large bowl, place egg substitute, dry gravy mix, milk, and pepper. Whisk well to combine. Set aside. Coat a 9” x 13” baking dish with cooking spray. Line dish with bread slices in a single layer. Cut slices to fit baking dish. Sprinkle sausage crumbles over bread. Pour the gravy mixture evenly over the sausage and bread. Sprinkle the Cheddar cheese and then parsley over the top. Bake 30 minutes or until set in the center. Sprinkle the top lightly with paprika before serving. Cut into 8 slices.

Yield: 8 servings  
Serving Size: ⅛ of casserole, each slice approximately 4 ½”x3 ¼”. Serve over toasted English muffin halves. Makes 2 servings (1 English muffin half and 1-¼ cups egg mixture per serving)

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Scrambled Eggs with Sausage over English Muffin

**INGREDIENTS**

- Nonstick cooking spray
- 2 eggs
- 2 tablespoons reduced-sodium chicken broth
- Pinch ground black pepper
- 1 ounce cooked turkey sausage, sliced
- ¼ cup cherry tomatoes, quartered
- 2 tablespoons finely shredded reduced-fat cheddar cheese
- 1 whole grain English muffin, halved and toasted

**DIRECTIONS**

Coat a large nonstick skillet with cooking spray. Preheat skillet over medium heat. In a medium bowl, use a whisk to beat together eggs, broth, and black pepper; stir in sliced sausage. Pour egg mixture into hot skillet. Cook over medium heat, without stirring, until mixture begins to set on the bottom and around edges. With a spatula, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking over medium heat until almost set; add tomatoes and cheese. Cook about 1 minute more or until egg mixture is cooked through but is still glossy and moist. Serve over toasted English muffin halves. Makes 2 servings (1 English muffin half and 1-¼ cups egg mixture per serving)

**Mixed Berry Smoothie**

**INGREDIENTS**

- 1 cup orange juice
- 2 cups plain, low-fat yogurt
- 3/4 cup washed, stemmed raspberries
- 3/4 cup washed, stemmed blackberries
- 3/4 cup washed, stemmed blueberries
- honey to taste

**DIRECTIONS**

Place all the ingredients in a blender. Blend on high speed until smooth.
Asparagus Mini-Quiches

**INGREDIENTS**

- 1 butter flavored cooking spray
- ½ cup fresh chopped red onion
- 1 large garlic cloves, minced
- 1/3 cup fat free milk
- 6 egg whites
- 2 tsp dijon mustard
- 1 pinch salt (to taste)
- 1 pinch black pepper, ground (to taste)
- 6 whole wheat tortillas
- 12 oz reduced fat sharp cheddar cheese
- 4 asparagus spears, fresh, small, thinly sliced into small discs

**DIRECTIONS**

Preheat the oven to 375 degrees F.

Mist 12 cups of a standard size, nonstick muffin tin with cooking spray. Set aside.

Spray a small, nonstick skillet with cooking spray and place it over medium heat. Toss in the onion and garlic. Cook, mixing occasionally, for about 5 minutes, or until almost tender. Taking the pan off the heat, place to the side for later.

In a large measuring cup, blend the milk, egg whites, mustard, salt, and pepper. Whisk to mix well. Set aside.

With a 3 ¾ round cookie cutter, cut circles out of each tortilla. Fit each into one of the 12 cups in the prepared tin, taking care not to tear the circles. Distribute the cheese, asparagus, and reserved onion combination between the cups.

Add the egg white mixture evenly into each cup until it is three-quarters filled. (If a small amount is left over, get rid of it.) Bake for 20-22 minutes or until the egg-white mixture has set and the tortillas are evenly crisped around the edges. Serve right away.

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Dietary Exchanges

- 1 Fat
- 1 Meat
- 1 Starch
Banana Bread

INGREDIENTS
1 cup whole wheat flour
½ cup all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
¼ cup "measures-like-sugar" calorie-free sweetener
2 tablespoons margarine, melted
4 medium-sized very ripe bananas, peeled and mashed
1 large egg, lightly beaten
Cooking spray

DIRECTIONS
Preheat oven to 350°. Lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 3 ingredients in a large bowl. Combine sweetener and next 3 ingredients; add to flour mixture, stirring just until moist. Pour batter into an 8 x 4-inch loaf pan coated with cooking spray. Bake at 350° for 50 to 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes; remove from pan, and cool completely on wire rack.

Nutrition Facts
Servings 16
Calories 88
Calories from fat 0.0%
Fat 2.1g
Saturated fat 0.4g
Monounsaturated fat 0.0g
Polyunsaturated fat 0.0g
Protein 2.1g
Carbohydrate 15.8g
Fiber 1.7g
Cholesterol 13mg
Iron 0.6mg
Sodium 125mg
Calcium 22mg
Eggs Benedict

**INGREDIENTS**
- 3 tablespoons light sour cream
- 2 teaspoons fat-free milk
- 1 teaspoon Dijon-style mustard
- 2 eggs
- 1 whole wheat English muffin, split
- 2 ounces thinly sliced reduced-sodium cooked ham
- 2 tomato slices
- Snipped fresh chives (optional)

**DIRECTIONS**
In a small bowl, combine sour cream, milk, and mustard; set aside. Lightly grease a medium skillet. Half-fill the skillet with water. Bring water to boiling; reduce heat to simmering (bubbles should begin to break the surface of the water). Break one of the eggs into a small dish. Carefully slide egg into simmering water, holding the lip of the dish as close to the water as possible. Repeat with the remaining egg, allowing each egg an equal amount of space. Simmer, uncovered, for 3 to 5 minutes or until egg whites are completely set and yolks begin to thicken but are not hard. Meanwhile, place muffin halves, cut sides up, on a baking sheet. Broil 3 to 4 inches from the heat for 1 to 2 minutes or until toasted. Top muffin halves with ham and tomato slices. Broil about 1 minute more or until toppings are heated through. To serve, use a slotted spoon to remove eggs from skillet; place eggs on top of tomato slices. Spoon sauce over eggs and, if desired, sprinkle with chives.

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Healthy Orange Dream Drink

**INGREDIENTS**

Serves 4  
1 ½ cups orange juice, chilled  
1 cup light vanilla soy milk (soya milk), chilled  
1/3 cup silken or soft tofu  
1 tablespoon dark honey  
1 teaspoon grated orange zest  
½ teaspoon vanilla extract  
5 ice cubes  
4 peeled orange segments

**DIRECTIONS**

In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla and ice cubes. Blend until smooth and frothy, about 30 seconds. Pour into tall, chilled glasses and garnish each glass with an orange segment.

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Banana Yogurt Pancakes

**INGREDIENTS**

2 cups all-purpose flour, sifted  
1 packet sugar substitute  
1 tablespoon baking soda  
8 ounces fat-free plain yogurt  
1 large very ripe banana, mashed  
½ cup skim milk  
½ tablespoon canola oil  
1 teaspoon vanilla extract  
4 egg whites, beaten to soft peaks  
cooking spray

**DIRECTIONS**

Combine the flour, sugar substitute, and baking soda in a large bowl. Stir with a fork to combine. Add the yogurt, banana, milk, oil, and vanilla. Stir until just moistened. Gently fold in the beaten egg whites. Lightly coat a non-stick skillet with cooking spray. Working in batches and using a ladle, make 4-inch pancakes. Cook until the bottom is browned and bubbles come to the top of the cakes. Turn and continue to cook until browned. Keep pancakes warm in the oven while you cook the rest of the pancakes.

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Blueberry Drop Biscuits

**INGREDIENTS**

- 1 c. flour
- ½ tsp. salt
- 1 ½ tsp. baking powder (low sodium)
- 2 tbsp. butter or margarine
- ½ c. 2% milk
- ½ c. blueberries
- cooking spray

**DIRECTIONS**


**Nutrition Facts**

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Vegetable Pancakes With Roasted Plum Sauce

INGREDIENTS

**Sauce :**
- 4 plums, pitted and quartered (or equivalent frozen peach slices)
- 1 tbsp fresh ginger root, grated
- 1 tbsp fresh lemon juice
- ½ tbsp low sodium soy sauce (or tamari sauce)
- 1 pinch ground cayenne (red pepper)

**Pancakes :**
- 1 potato, fresh, medium, peeled
- 1 medium zucchini
- 1 squash, summer, fresh, medium, FDA (yellow)
- 1 yellow onion, peeled (Spanish)
- ½ tsp salt
- ½ tsp black pepper
- 1 medium garlic cloves, finely minced
- ¼ cup fresh chives, chopped
- 2 tbsp olive oil, divided in half

DIRECTIONS

Preheat oven to 400 degrees F.

Combine all sauce ingredients in a mixing bowl and toss to mix. Let sit for 15 minutes to extract fruit juices. Transfer fruit to baking dish, bake until fruit is dark and juices are thick, (approximately 15 minutes), stirring occasionally. Remove from oven. Puree in blender until smooth. Set aside until ready to serve; serve at room temperature. To make the pancakes, grate potato into mixing bowl. Grate zucchini, squash, and onion into same bowl. Add salt, pepper, garlic, and chives and toss to combine. Let stand for 20 minutes.

In a large, nonstick pan, heat 1 tablespoon of oil and sauté pan over medium heat. Squeeze potato mixture in a clean, dry tea towel to extract moisture. Divide mixture into 4 portions; sprinkle 2 portions evenly over bottom of pan, spreading with 2 forks to form 2 thin pancakes. Cook until golden, about 5 minutes. Flip and cook other side until golden brown, about 3 minutes. Repeat with remaining mixture, adding more oil if needed. Drain pancakes well on paper towels after cooking Double the recipe. People are going to want seconds!

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Scrumptious Scramble

INGREDIENTS
1 teaspoon olive oil
½ cup diced red onion
1 ripe tomato, cored, seeded and diced (about 1 cup)
4 large eggs
4 large egg whites
2 tablespoons water (optional)
1 tablespoon finely chopped fresh dill or 1 teaspoon dried dill
Salt and ground pepper to taste

DIRECTIONS
In a medium nonstick skillet, heat oil over medium heat. Add the onion, and cook for 2 minutes, stirring once or twice. Add the tomato and cook for 1 minute more. Transfer the onion-tomato mixture to a bowl and set aside.

In a medium bowl, lightly beat together the whole eggs, egg whites and water (if using). Pour the egg mixture into the skillet and cook over medium-low heat, stirring frequently until the eggs are almost set.

Drain excess water from the tomato mixture and stir the mixture gently into the eggs. Toss in the dill, season with salt and pepper and serve.

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**Applesauce Pancakes**

**INGREDIENTS**
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 tablespoons toasted wheat germ
- 1 cup nonfat buttermilk
- ¼ cup unsweetened applesauce
- 2 teaspoons vegetable oil
- 1 large egg, lightly beaten
- Cooking spray
- Sugar-free maple syrup (optional)
- Fresh fruit slices (optional)

**DIRECTIONS**
Combine first 4 ingredients in a medium bowl; make a well in center of mixture. Combine buttermilk and next 3 ingredients. Add buttermilk mixture to dry ingredients, stirring just until dry ingredients are moistened. Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. For each pancake, pour ¼ cup batter onto hot griddle, spreading to a 5-inch circle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes, and cook other side. Serve with maple syrup and fresh fruit, if desired (syrup and fruit not included in analysis). Makes 10 pancakes. Serving size: 1 pancake.

**Nutrition Facts**
- Servings: 1
- Calories: 74
- Fat: 1.8g (sat 0.4g)
- Protein: 3.0g
- Carbohydrate: 11.5g
- Fiber: 0.6g
- Cholesterol: 22mg
- Sodium: 143mg

| Exchange | 1 Starch |
Sausage and Cheese Breakfast Cups

**INGREDIENTS**
- 4 oz. Turkey sausage or crumbled Turkey bacon
- ½ green bell pepper, chopped
- ¼ onion, chopped
- 5 large eggs
- 1 can (12oz) sliced mushrooms, drained
- ½ cup (2oz.) shredded reduced-fat cheddar cheese

**DIRECTIONS**
Preheat the oven to 350 degrees. Coat a 6 cup non-stick muffin pan with cooking spray or line with paper baking cups. In a medium non-stick skillet over medium-high heat, cook the sausage, pepper, and onion for 5 minutes, or until the sausage is no longer pink. Spoon the mixture into a bowl and cool slightly. Stir in the eggs and mushrooms. Evenly divide the mixture into the prepared muffin cups. Sprinkle with cheese. Bake for 20 minutes, or until the egg is set.

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Nutrition Facts

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Cream Cheese Ham Omelet

**INGREDIENTS**
- ½ cup chopped sweet onion
- 2 teaspoons olive oil
- 1 cup egg substitute
- ½ cup diced fully cooked lean ham
- ¼ teaspoon seasoned salt
- ¼ teaspoon pepper
- ¼ teaspoon paprika
- 3 tablespoons reduced-fat cream cheese, cubed

**DIRECTIONS**
In a nonstick lg skillet, saute onion in oil until tender. Reduce heat to medium; add egg substitute. As eggs set, lift edges, letting uncook portion flow underneath. When the eggs are set, sprinkle ham and seasonings over one side. Top with cream cheese cubes. Fold omelet over filling. Cover and let stand for 1-2 minutes or until cream cheese is melted.

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Nutrition Facts

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