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Low-Carb-Rezepte

1. Low Carb Rezepte - Ohne Kohlenhydrate durch den Tag (German Edition) Frühstück

Rührei mit Schinken

Zutaten:

2-3 Eier

1 kleine Zwiebel

1/2 Pkt. Würfelschinken

1 Schuss Milch

etwas Reibekäse

Salz, Pfeffer, Schnittlauch

Zubereitung:

Eier und Milch in einer Schüssel oder Messbecher mit einer Gabel oder Rührgerät rühren. Die Mischung mit Salz und Pfeffer würzen. Zwiebel schälen, würfeln und in einer Pfanne dünsten. Würfelschinken, Reibekäse und die Low Carb Rezepte - Ohne Kohlenhydrate durch den Tag (German Edition) gerührte Eier dazugeben. Auf mittlerer Hitze das Rührei unter regelmäßigem Rühren stocken lassen. Etwas Schnittlauch darüber geben. Low Carb Rezepte - Ohne Kohlenhydrate durch den Tag (German Edition)

Zubereitungszeit: 10-15 Minuten

Omelett mit Tomate und Käse

Zutaten:

2 Eier

1 Schuss Milch

1 kleine Zwiebel

etwas Reibekäse

1/2 Tomate

Salz, Pfeffer

Zubereitung:

Eier mit Milch mischen und mit Salz und Pfeffer würzen. Zwiebel schälen und würfeln. Tomate Waschen und würfeln. Zwiebel und Tomate in einer Pfanne dünsten. Anschließend den Pfanneninhalt zu der Eimischung schütten. Alles in eine Pfanne gießen. Auf die Hälfte des Omeletts Reibekäse streuen. Wenn das Omelett fest genug ist wird es zusammengeklappt und mit dem Käse verklebt.

Zubereitungszeit: 20 Minuten

Spiegelei mit angebratenem Schafskäse und Peperoni

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1-2 Eier

1/2 Pkt. Schafskäse

2 Peperoni

Salz, Pfeffer, Thymian

Zubereitung:

Ei in die Pfanne schlagen. Käse in große Würfel schneiden und auf die noch verbleibende Pfannenfläche legen. Das Ei mit Salz und Pfeffer, den Schafskäse mit Thymian würzen. Der Käse sollte regelmäßig gewendet werden, sodass er auf jeder Seite kurz zu schmelzen beginnt. Low Carb Rezepte - Ohne Kohlenhydrate durch den Tag (German Edition) Zusammen mit den Peperoni auf einen Teller geben.

Zubereitungszeit: 10 Minuten

Ei mit Käse-Schinken-Röllchen und Gemüsesticks

Zutaten:

1-2 Eier

4-8 Scheiben Käse/Schinken

1/4 Gurke

1 Paprika

Zubereitung:

Ei(er) hartkochen, schälen und in dicke Scheiben schneiden (4-8 Scheiben). Die Eierscheiben in den Schnittkäse und/oder Schinkenstreifen einwickeln und nach Belieben zusätzlich mit Majonäse bestreichen. Dazu die Gurke und den Paprika in Streifen schneiden und mit etwas Salz würzen.

Zubereitungszeit: 5 Minuten (Eier am Vorabend abkochen)

Geflügelstreifen mit Majonäse

Zutaten:

Geflügelstreifen

Majonäse

Zubereitung:

Geflügel anbraten und etwas mit Salz und Pfeffer würzen. Mit Majonäse verzehren.

Low Carb Rezepte Ohne Kohlenhydrate Durch Den Tag German Edition

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