

Healthy Keto Breakfast Grits

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 7.7 g, Fiber: 2.4 g, **Net carbs: 5.3 g,**

Protein: 7.4 g, Fat: 29.5 g, Calories: 321 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 3 servings)

- 1 small cauliflower (340 g/ 12 oz)
- 2 tbsp unsalted butter (28 g/ 1 oz)
- 1/2 cup heavy whipping cream (120 ml/ 4 fl oz)
- 3/4 tsp sea salt, or to taste
- 1/4 tsp black pepper
- 1/2 cup shredded sharp cheddar cheese (57 g/ 2 oz)
- 1 medium green onion, sliced (15 g/ 0.5 oz)

Optional toppings:

- crispy bacon slices
- fried *or* poached eggs
- crumbed feat cheese
- crisped up chorizo
- pan-roasted shrimp cooked in butter (seasoning of choice)

Instructions

1. Cut the cauliflower into quarters then place in a food processor or blender. Blend until it resembles rice (food processor and a grating blade work best).
2. Place the cauliflower rice in a medium pot over high heat. Cook 3-4 minutes until it starts to soften.
3. Add in the butter, heavy cream, salt, and pepper. Cook another 3-4 minutes then use a hand blender to blend the mixture into a creamy grit consistency, be sure not to over process into mashed cauliflower.
4. To serve, top with shredded cheddar and green onions. This recipe can be stored refrigerated for up to 3 days.

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