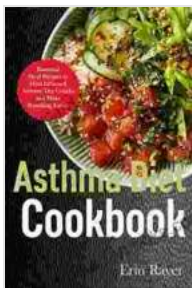


96 High Fat Breakfast Smoothies, Sauces, and Dressings Recipes to Lose Weight and Feel Great!

Are you tired of feeling tired, bloated, and overweight? If so, then it's time to make a change. And one of the best ways to do that is to start your day with a high fat breakfast.



Ketogenic Diet Cookbook for Beginners: 96 High-Fat Breakfast, Smoothies, Sauces & Dressings Recipes to Lose Weight, Feel Great, & Heal Your Body

by Brian M Rossiter

★★★★☆ 4.2 out of 5

Language : English

File size : 2770 KB

Screen Reader : Supported

Print length : 58 pages

Lending : Enabled



High fat breakfasts have been shown to help you lose weight, boost your metabolism, and improve your overall health. That's because healthy fats are essential for a number of bodily functions, including hormone production, cell growth, and energy production.

When you eat a high fat breakfast, you're giving your body the fuel it needs to function properly. You'll feel fuller longer, have more energy, and be less likely to crave unhealthy foods throughout the day.

If you're new to high fat breakfasts, then this collection of recipes is the perfect place to start. Here you'll find 96 delicious and easy-to-make high fat breakfast smoothies, sauces, and dressings recipes that will help you lose weight and feel great.

Smoothies

Smoothies are a great way to get a quick and easy high fat breakfast. They're also a great way to sneak in some extra fruits and vegetables. Here are a few of our favorite high fat breakfast smoothie recipes:

- **Chocolate Peanut Butter Smoothie:** This smoothie is packed with healthy fats from avocado, peanut butter, and cocoa powder. It's also a great source of protein and fiber.
- **Green Smoothie:** This smoothie is packed with nutrients from spinach, kale, and avocado. It's also a great source of antioxidants and fiber.
- **Berry Smoothie:** This smoothie is packed with antioxidants from berries. It's also a great source of vitamin C and fiber.

Sauces

Sauces are a great way to add flavor and fat to your meals. Here are a few of our favorite high fat breakfast sauce recipes:

- **Hollandaise Sauce:** This sauce is made with butter, egg yolks, and lemon juice. It's a classic breakfast sauce that's perfect for eggs, waffles, or pancakes.
- **Béarnaise Sauce:** This sauce is made with butter, egg yolks, white wine, and tarragon. It's a delicious and versatile sauce that's perfect for

steak, fish, or vegetables.

- **Gravy:** Gravy is a great way to add flavor and fat to your breakfast meats. Here's a simple recipe for a high fat gravy:
 1. In a saucepan, melt 2 tablespoons of butter over medium heat.
 2. Whisk in 2 tablespoons of flour.
 3. Gradually whisk in 2 cups of milk.
 4. Bring to a boil, then reduce heat and simmer for 5 minutes, or until thickened.
 5. Season with salt and pepper to taste.

Dressings

Dressings are a great way to add flavor and fat to your salads. Here are a few of our favorite high fat breakfast dressing recipes:

- **Vinaigrette:** Vinaigrette is a classic salad dressing that's made with olive oil, vinegar, and herbs. It's a light and refreshing dressing that's perfect for any salad.
- **Ranch Dressing:** Ranch dressing is a creamy and flavorful dressing that's perfect for salads, vegetables, or chicken. Here's a simple recipe for a high fat ranch dressing:
 1. In a bowl, whisk together 1 cup of mayonnaise, 1/2 cup of sour cream, 1/4 cup of buttermilk, 1/4 cup of chopped fresh parsley, 1/4 cup of chopped fresh dill, 1 teaspoon of garlic powder, and 1/2 teaspoon of onion powder.

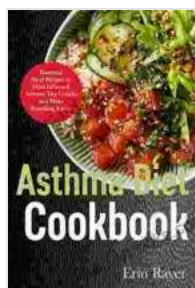
2. Season with salt and pepper to taste.

So there you have it, 96 delicious and easy-to-make high fat breakfast smoothies, sauces, and dressings recipes. With these recipes, you'll be well on your way to losing weight, boosting your metabolism, and improving your overall health.

Bonus: Here's a sample high fat breakfast menu to get you started:

- **Breakfast Smoothie:** Chocolate Peanut Butter Smoothie
- **Sauce:** Hollandaise Sauce
- **Dressing:** Vinaigrette

This menu is packed with healthy fats and protein, and it will help you start your day off right. So what are you waiting for? Give these recipes a try today and see how they can help you lose weight and feel great!



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