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Keto Oatmeal ♦♦

Keto Oatmeal is a low-carb alternative to traditional oatmeal. It is made with ingredients that are suitable for a ketogenic diet and provides a satisfying and nutritious breakfast option. This recipe replaces oats with a combination of flaxseed meal, chia seeds, and shredded coconut, which give it a similar texture and taste to traditional oatmeal. It can be enjoyed hot or cold and can be customized with your favorite toppings and flavors.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

30 g	flaxseed meal
20 g	Chia Seeds
15 g	Shredded Coconut

200 ml	almond milk
1 tsp	vanilla extract
10 g	erythritol
1 tsp	Cinnamon
50 g	berries
30 g	Nuts

Directions

Step 1

In a bowl, combine flaxseed meal, chia seeds, and shredded coconut.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add almond milk, vanilla extract, erythritol, and cinnamon to the bowl. Stir well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Refrigerating

Cover the bowl and refrigerate for at least 1 hour or overnight.

Prep Time: 0 mins

Cook Time: 60 mins

Step 4

Before serving, top with berries and nuts.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 7 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	7 g	18.42%	28%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Nutritional Content

Low Carb

Kitchen Tools

Blender Oven

Course

Breads Salads Snacks Sauces & Dressings

Cultural

Diwali Thanksgiving Christmas

Cost

Under \$10

Demographics

Senior Friendly Diabetic Friendly Heart Healthy

Diet

Ketogenic Diet Low Carb, High Fat (LCHF) Diet Vegetarian Diet Vegan Diet
Ovo-Vegetarian Diet Blood Type Diet

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Medium

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