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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

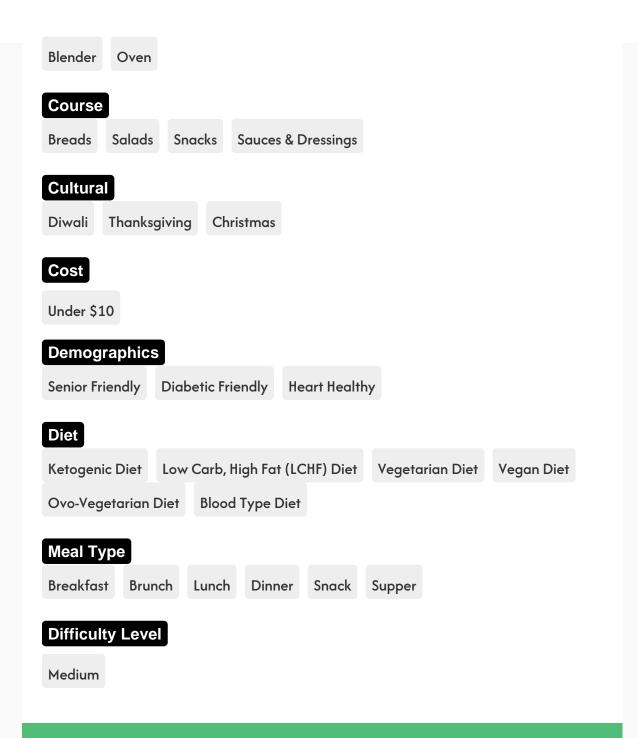
| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------------|--------------------------------|
| Sodium | 80 mg | 3.48% | 3.48% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 200 mg | 5.88% | 7.69% |
|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

Recipe Attributes

Nutritional Content

Low Carb

Kitchen Tools



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