

5 Ingredient Keto Chocolate Cereal

Hands-on 5 minutes Overall 20 minutes



Nutritional values (per serving, about 1/2 cup/ 57 g/ 2 oz): Total carbs: 10.1 g, Fiber: 6.1 g,

Net carbs: 4 g, Protein: 6.9 g, Fat: 29.6 g, Calories: 310 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 10 servings)

3 cups unsweetened coconut flakes (180 g/ 6.4 oz)

2 cups unsweetened [flaked almonds](#) or more coconut (180 g/ 6.4 oz)

2 tbsp [cacao powder](#) or [Dutch process cocoa powder](#) (11 g/ 0.4 oz)

2 tbsp melted virgin [coconut oil](#) (30 ml)

1/2 cup [90% dark chocolate chips](#) (90 g/ 3.2 oz) - *use at least 85% chocolate or [sugar-free chocolate](#)*

Optional: 1/8 tsp sea salt

Optional: 1-2 tbsp granulated [Erythritol](#) or [Swerve](#), or other [low-carb sweetener from this list](#)

Serve with:

[coconut milk](#) such as [Aroy-D](#) or heavy whipping cream (I thin it down with some water, using 1/4 cup each cream and water)

any unsweetened nut or seed milk (make your own by [following this simple guide](#))

full-fat plain yogurt or dairy-free coconut yogurt

fresh or frozen berries or [low-carb berry jam](#)

cacao nibs or [100% dark chocolate](#) instead of chocolate chips for sweetener-free cereal

Instructions

1. Preheat the oven to 150 °C/ 300 °F (fan assisted). Place the coconut flakes, almonds flakes, cacao powder and salt in a bowl. If you can't eat nuts, use more coconut flakes. Optionally, add sweetener and salt. Mix until well combined.
2. Add melted coconut oil and combine.
3. Place in a large baking tray and spread evenly. Bake in the oven for 10 minutes, mixing the coconut and turning the tray half way through.
4. Remove from the oven and let it cool down. Add dark chocolate

chips or chopped dark chocolate.

5. Serve with coconut milk, almond milk or full-fat yogurt.

6. Store at room temperature in a sealed jar for up to 2 weeks.

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