

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

- 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.
- Add melted coconut oil and combine.
- 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.
- Remove from the oven and let it cool down. Add dark chocolate

chips or chopped dark chocolate.

- Serve with coconut milk, almond milk or full-fat yogurt.
- Store at room temperature in a sealed jar for up to 2 weeks.

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