Anti-Inflammatory Low-Carb Porridge

Hands-on 5 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 16 g, Fiber: 10 g, **Net carbs: 6 g**, Protein: 14.8 g, Fat: 50.2 g, Calories: 575 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 2 servings)

2 tbsp hemp seeds (20 g/ 0.7 oz)

1/4 cup walnut *or* pecan halves (25 g/ 0.9 oz)

1/4 cup unsweetened toasted coconut (15 g/ 0.5 oz)

2 tbsp whole chia seeds (16 g/ 0.5 oz)

3/4 cup unsweetened almond milk (180 ml/ 6 fl oz)

1/4 cup coconut milk (60 ml/ 2 fl oz) - *I like Aroy-D*

1/4 cup almond butter, preferably roasted (63 g/ 2.2 oz)

1 tbsp extra virgin coconut oil *or* MCT oil (15 ml)

1/4 - 1/2 tsp ground turmeric *or* 1/2 - 1 tsp freshly grated turmeric

1 tsp bee pollen *or* 1/2 tsp cinnamon *or* 1/2 tsp vanilla powder

pinch ground black pepper *(significantly improves absorption of turmeric)*

Optional: 2 tbsp Erythritol *or* Swerve (20 g/ 0.7 oz) *or* 5-10 drops liquid stevia (NuNaturals or SweetLeaf)

Tips:

You can use any healthy low-carb sweetener but I prefer the subtle sweetness of roasted almond butter and coconut without additional sweeteners.

You can make this recipe nut-free by using sunflower seed butter or coconut butter instead of almond butter, sunflower or pumpkin seeds instead of walnuts, and water instead of almond milk.

Instructions

1. Roughly chop the walnuts. Place the hemp seeds, chopped walnuts and flaked coconut into a hot pan and roast for 1-2 minutes or until fragrant.
2. Toss a few times to prevent burning. When done, transfer the roasted mix into a bowl and set aside. In a small saucepan, mix the coconut milk and almond milk and heat over a medium heat. Once hot (not boiling), take off the heat. Add the almond butter, coconut oil, ...
3. ... chia seeds, turmeric powder, black pepper and Erythritol (optional). Mix until well combined and set aside for 5-10 minutes. Add half of the roasted mix from the bowl. *If using cinnamon or vanilla instead of bee pollen, mix it in with the turmeric powder.*
4. Spoon the porridge into serving bowls and top with the remaining roasted mix. Finally, sprinkle with bee pollen. Serve immediately or store in the fridge for up to 3 days. To keep the porridge crunchy, keep the roasted mix and bee pollen in a separate container at room temperature and add to the porridge just before serving.

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