

# Anti-Inflammatory Low-Carb Golden 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 [flaked 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)

## 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 and coconut oil.
3. Add 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.
5. 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.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)