

# Healthy Cinnamon & Pecan Keto Porridge

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 15.7 g, Fiber: 10.5 g, **Net carbs: 5.2 g**,

Protein: 13.8 g, Fat: 51.7 g, Calories: 582 kcal,

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



## Ingredients (makes 2 servings)

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

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

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

1 tbsp [extra virgin coconut oil](#) or [MCT oil](#) (15 ml)

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

2 tbsp [hemp seeds](#) (20 g/ 0.7 oz)

1/4 cup chopped [pecans](#) or [walnuts](#) (28 g/ 1 oz)

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

1/2 tsp [cinnamon](#)

*Optional:* 5-10 drops [liquid stevia](#) ([NuNaturals](#) or [SweetLeaf](#)) or 1-2

tbsp [Erythritol](#) or [Swerve](#) (20 g/ 0.7 oz)

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## 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 [pecans](#), and water instead of [almond milk](#).

## Instructions

1. In a small saucepan, mix the coconut milk, almond milk, almond butter, coconut oil and bring to a simmer over a medium heat.
2. Once hot, take off the heat.
3. Add chia seeds, hemp seeds, chopped pecans, and toasted coconut (reserve some coconut for the topping), ...
4. ... cinnamon, and optionally add stevia. Mix and let it sit for 5-10 minutes.
5. Spoon the porridge into serving bowls. Serve hot or cold. Just before serving, top with the remaining coconut and enjoy!

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