

Healthy Pumpkin Pie Oatmeal

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 19 g, Fiber: 11.6 g, **Net carbs: 7.5 g,**

Protein: 9.3 g, Fat: 17.8 g, Calories: 274 kcal,

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



Ingredients (makes 1 serving)

1/4 cup pumpkin puree (50 g/ 1.8 oz)

1/2 cup unsweetened almond milk (120 ml/ 4 fl oz)

1/4 cup unsweetened shredded coconut (19 g/ 0.7 oz)

1 tbsp coconut flour (8 g/ 0.3 oz)

1 tbsp granulated Erythritol or Swerve (10 g/ 0.3 oz)

1 tbsp crushed pecans (14 g/ 0.5 oz)

1 tbsp chia seeds (8 g/ 0.3 oz)

1 tsp pumpkin pie spice - *you can make your own*

1/2 tsp sugar-free vanilla extract or pinch of vanilla bean powder

Note: Sweetener can be omitted or swapped for any healthy low-carb sweeteners from this list. If you can't eat nuts, use roasted pumpkin seeds instead of pecans.

Instructions

1. Place all of the ingredients in a small pot over medium low heat.
Cook 3-4 minutes until thick.
2. Transfer to a bowl and serve immediately.
3. Eat immediately or let it cool down and store sealed in the fridge for up to 3 days.

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