

Healthy Blueberry Chia Crisp

Hands-on 10 minutes Overall 40-50 minutes

Nutritional values (per serving, about 1/2 cup): Total carbs: 11.4 g, Fiber: 6 g,

Net carbs: 5.5 g, Protein: 11.3 g, Fat: 30.6 g, Calories: 347 kcal,

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



Ingredients (makes 12 servings)

- 1 cup blanched almonds (145 g/ 5.1 oz)
- 1/4 cup flaked almonds (23 g/ 0.8 oz)
- 1/2 cup pecans (50 g/ 1.8 oz)
- 1/2 cup brazil nuts (67 g/ 2.3 oz)
- 1/2 cup pumpkin seeds (65 g/ 2.2 oz)
- 1/2 cup sunflower seeds (70 g/ 2.5 oz)
- 3 tbsp chia seeds (24 g/ 0.9 oz)
- 3 tbsp shelled hemp seeds (30 g/ 1.1 oz)
- 3 tbsp flax seeds (30 g/ 1.1 oz)
- 1 cup unsweetened flaked coconut (60 g/ 2.1 oz)
- 250 g blueberries, preferably wild (8.8 oz)
- 1/4 cup melted virgin coconut oil (60 ml)
- 1 tsp vanilla bean powder or 2-3 tsp unsweetened vanilla extract
- 1/4 cup whey protein powder or egg white protein powder (25 g/ 0.9 oz)
- 1 large egg white
- 1/4 cup granulated Erythritol or Swerve (50 g/ 1.8 oz) - see note
- 1/8 tsp sea salt

Note: Instead of protein powder you can even use collagen, or plant-based protein powder. This crisp is naturally sweet so sweeteners can be skipped if you prefer to avoid them altogether. Other options for sweeteners are liquid stevia or monk fruit to taste. You can also use 1-2 tbsp low sugar maple syrup - avoid if sensitive to IMOs.

Instructions

1. Preheat the oven to 150 °C/ 300 °F (fan assisted). Roughly chop the almonds, pecans and brazil nuts and place in a mixing bowl. Add the chia, pumpkin, sunflower flax and hemp seeds and combine. Add protein powder, vanilla, erythritol, and salt. (If using maple syrup, add in step 3.)

2. Blitz about a 3/4 of the blueberries in a high speed blender until like a coulis. Keep the remaining blueberries for topping.
3. Add egg white, coconut oil and blitzed blueberries. Mix.
4. Evenly spread the mix onto a 30 x 20 cm (12 x 8 inch) baking tray. Top with the remaining blueberries.
5. Bake in the oven for about 35 minutes. Add the flaked coconut and bake for a further 8 minutes until golden. (You do need to add the flaked coconut later or it may burn.)
6. Remove from the oven and allow to cool. Break up with a fork and let it cool down.
7. Serve with yoghurt, sour cream, unsweetened almond milk, cashew milk or coconut whipped cream. You can even add a drizzle of more blitzed blueberries and a few whole blueberries. Store in a glass jar for up to 5 days in the fridge.

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