

Keto Cinnamon Toast Crunch Cereal

Hands-on 15-20 minutes Overall 2 hours 45 minutes

Nutritional values (per serving, 2/3 cup/ 57 g/ 2 oz): Total carbs: 7.9 g, Fiber: 4.4 g,

Net carbs: 3.5 g, Protein: 6.4 g, Fat: 26.6 g, Calories: 282 kcal,

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



Ingredients (makes 6 servings)

Dough:

- 1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)
- 4 tbsp [flaxmeal](#) (28 g/ 1 oz)
- 1 tsp [gluten-free baking powder](#)
- 2 tsp [cinnamon](#)
- 1/3 cup granulated [Erythritol](#) or [Swerve](#) (67 g/ 2.4 oz)
- 1/2 tsp sea salt or [pink Himalayan salt](#)
- 1/4 cup melted butter, [ghee](#) or virgin [coconut oil](#) (60 ml/ 2 fl oz)
- 1 tsp unsweetened [vanilla extract](#)
- 3 tbsp water (45 ml/ 1.5 fl oz)

Topping:

- 2 tbsp melted butter, [ghee](#) or virgin [coconut oil](#), divided (30 ml/ 1 fl oz)
- 1-2 tsp [cinnamon](#), divided
- 1-2 tbsp granulated [Erythritol](#) or [Swerve](#), divided (10-20 g/ 0.3-0.7 oz)

Instructions

1. Place all the dry ingredients in a bowl: almond flour, flax meal, baking powder, cinnamon, Erythritol and salt.
2. Mix well.
3. Add the melted butter and vanilla extract.
4. Mix until well combined. Add the water and mix until the dough has formed. Refrigerate for 1 hour.
5. Place about half of the dough on a silicon mat. Use a silicon lined rolling pin to roll out the dough until very thin, about 1/8-inch (1/4 cm). Alternatively, place the dough between 2 sheets of parchment paper and roll out until thin.
6. Use a pizza cutter to cut the dough into small squares. Using a fork,

prick each of the square.

7. Brush with melted ghee.
8. Dust with cinnamon and sprinkle with Erythritol. Repeat for the second half of the dough, using the remaining melted butter, cinnamon and Erythritol.
9. Place in the oven preheated to 150 °C/ 300 °F (fan assisted) and bake for 20 minutes.
10. Remove from the oven and place on a cooling rack for 1 hour to allow the cereal to crisp up.
11. Once completely cooled, break the pre-cut cereal into pieces.
12. Serve with unsweetened almond milk, coconut milk or full-fat yogurt.

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