

# Keto Golden Milk Chocolate Breakfast Jars

Hands-on 10 minutes Overall 30-40 minutes

**Nutritional values (per serving):** Total carbs: 17.8 g, Fiber: 10.3 g, **Net carbs: 7.4 g,**

Protein: 8.3 g, Fat: 38.8 g, Calories: 417 kcal,

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



## Ingredients (makes 2 servings)

### Golden milk layer:

- 1 cup unsweetened [almond milk](#) or cashew milk (240 ml/ 8 fl oz)
- 1/4 tsp [turmeric powder](#)
- 1/4 tsp [cinnamon](#)
- 1/4 tsp [vanilla powder](#)
- 1/8 tsp ginger powder
- 1/8 tsp black pepper (*significantly improves absorption of turmeric*)
- 4 tbsp whole [chia seeds](#) (32 g/ 1.1 oz)
- 1-2 tbsp [powdered Erythritol](#) or [Swerve](#) or 5-10 drops [liquid stevia](#)
- Optional:* 1-2 tbsp grass-fed [collagen powder](#) and 1-2 tbsp [MCT oil](#)

### Chocolate layer:

- 3/4 cup [coconut cream](#) (180 g/ 6.4 oz) - *you can [make your own](#)*
- 3 tbsp unsweetened [almond milk](#) or cashew milk (45 ml)
- 2 tbsp [cacao powder](#) or Dutch process [cacao powder](#) (10 g/ 0.3
- 1-2 tbsp [powdered Erythritol](#) or [Swerve](#) or 5-10 drops [liquid stevia](#)
- Optional:* more [cacao powder](#) or [cinnamon](#) for dusting

*Note: Low-carb sweetener in this recipe can be omitted or used to taste. Instead of [coconut cream](#) you can use [mascarpone cheese](#) or [whipped cream](#).*

## Instructions

1. Prepare the golden milk chia layer. In a bowl whisk the almond milk with the turmeric, cinnamon, vanilla, ginger and black pepper. Add 1-2 tablespoons of powdered Erythritol or a few drops of stevia (or skip the sweetener if desired).
2. Add the chia seeds and let them bloom in the golden milk for 20-30 minutes (or overnight in the fridge). Stir once or twice to combine.
3. Optionally, you can stir in some grass-fed collagen powder and/or MCT oil.

4. Use a spoon and divide the chia mixture between 2 jars (if serving for breakfast), or up to 4 jars (if serving them as a dessert).
5. Scoop the coconut cream into a bowl (only the thick, creamy part).
6. Add cacao powder, almond milk and 1-2 tablespoons of powdered Erythritol or a few drops of stevia (or skip the sweetener if desired). Mix to combine.
7. Scoop the creamy chocolate layer on top of the golden milk chia layer. Optionally, dust with more cacao powder or cinnamon. Enjoy immediately or store in the fridge for up to 3 days.

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