

Keto Matcha Lemon Breakfast Jars

Hands-on 10 minutes Overall 30-40 minutes

Nutritional values (per serving): Total carbs: 14.9 g, Fiber: 8.3 g, **Net carbs: 6.5 g**,

Protein: 7.4 g, Fat: 38 g, Calories: 404 kcal,

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



Ingredients (makes 2 servings)

Matcha layer:

1 cup unsweetened [almond milk](#) or cashew milk (240 ml/ 8 fl oz)

1 tsp [matcha powder](#)

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](#)

Lemon layer:

3/4 cup [coconut cream](#) (180 g/ 6.4 oz) - *you can [make your own](#)*

2 tbsp unsweetened [almond milk](#) or cashew milk (30 ml)

1 tsp fresh lemon zest

1 tbsp fresh lemon juice (15 ml)

1-2 tbsp [powdered Erythritol](#) or [Swerve](#) or 5-10 drops [liquid stevia](#)

Optional: more [matcha powder](#) 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 matcha chia layer. In a bowl whisk the almond milk with the matcha powder. 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 matcha 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 freshly grated lemon zest, almond milk and lemon juice. Add 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 lemon-coconut layer on top of the matcha-chia layer. Optionally, dust with more matcha powder. Enjoy immediately or store 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](#)