Keto Strawberry Breakfast Chia Jars

Hands-on 10 minutes Overall 30-40 minutes

Nutritional values (per serving): Total carbs: 11.5 g, Fiber: 4 g, **Net carbs: 7.5 g**,

Protein: 8.7 g, Fat: 17.9 g, Calories: 230 kcal,

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

Ingredients (makes 4 servings)

Chia layer:

4 tbsp whole chia seeds (32 g/ 1.1 oz)

1/4 tsp cinnamon

1/4 tsp ground ginger

1 cup coconut milk such as Aroy-D (240 ml/ 8 fl oz)

Optional: liquid Stevia to taste (SweetLeaf or NuNaturals)

Strawberry layer:

1 cup strawberries (144 g/ 5.1 oz)

2 tbsp water (30 ml/ 1 fl oz)

Optional: liquid Stevia to taste

Strawberry & yogurt layer:

4 large strawberries, sliced (72 g/ 2.5 oz)

1 cup full-fat yogurt *or* coconut yogurt such as Coyo *or* creamed coconut milk (250 g/ 8.8 oz)

Instructions

1. Slice 1 cup of strawberries (reserve 4 large strawberries for the top layer).

2. Place the sliced strawberries in a small sauce pan and add 2 tablespoons of water. Bring to a simmer and cook until soft, for just a few minutes. Break the strawberries using a fork or a spatula and set aside. Optionally, add a few drops of stevia.

3. In a small bowl, mix the chia seeds, cinnamon, ginger powder and coconut milk. Optionally, add a few drops of stevia.

4. Set aside to soak for 20-30 minutes. Then, use a spoon and divide the chia mixture between 4 jars.

5. Add the cooked strawberry layer. Then, add the sliced strawberries, pressing them to the sides of each jar.

6. Top with full-fat yogurt (I like Fage Total, 5% fat), or use coconut

milk yogurt or creamed coconut milk. *Note: If you use coconut milk alternative, the nutrition facts will vary (typically more fat).*

7. Eat immediately, or cover and place in the fridge for up to 3 days.

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