

# Low-Carb Carrot Cake Chia Jars

Hands-on 10 minutes Overall 40 minutes

**Nutritional values (per serving):** Total carbs: 12.5 g, Fiber: 6.5 g, **Net carbs: 6 g,**

Protein: 7.6 g, Fat: 19.6 g, Calories: 247 kcal,

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



## Ingredients (makes 4 servings)

- 5 tbsp [chia seeds](#) (40 g/ 1.4 oz)
- 1 1/2 cups unsweetened almond or any nut or seed milk (360 ml/ 12 fl oz)
- 1 tsp [vanilla bean powder](#) or 2 tsp sugar-free vanilla extract
- 1 1/2 tsp [cinnamon](#)
- 1/2 tsp ground ginger
- 1 cup grated carrots, divided (115 g/ 4 oz)
- 200 g Greek yogurt (10% fat) or coconut yogurt (7 oz)
- 1/2 cup chopped [pecans](#), divided (57 g/ 2 oz)
- Optional:* [liquid stevia](#) or low-carb sweetener of choice to taste

[Free & premium keto diet plans](#)

## Instructions

1. Place the chia seeds in bowl or jar. Add the almond milk, spices, vanilla and half the carrot. Stir. *Are carrots keto? [Check out this post](#) (myth number 2).*
2. Leave to soak for at least 30 minutes until the chia seeds swell.
3. Stir through the Greek yoghurt or coconut yogurt (for dairy-free).
4. Add half of the pecans. Optionally, add a little more almond milk if you like it thinner.
5. To serve, top with the rest of the grated carrot and chopped pecans.
6. Enjoy!
7. To store, refrigerate 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](#)