

# No Oats Keto Porridge

**Calories:** 0 kcal

**Servings:** 1

**Time:** 0 Mins

## Ingredients

- 0.75 cup Almond Milk (unsweetened)
- 2.00 tbsp Chia Seeds
- 0.50 tsp Cinnamon Powder
- 2.00 tbsp Coconut (desiccated)
- 2.00 tbsp Golden Flaxseed
- 1.00 tbsp Hemp Seeds
- 1.00 tsp Monkfruit sweetener or erythritol
- 1.00 whole Ultra Lite Vanilla Sachet

## Instructions

1. Place the dry ingredients into a small saucepan and mix together well.
2. Stir through the remaining ingredients until liquid has been well combined with dry.
3. Place the saucepan over medium heat and whisk the ingredients together for about 4-6 minutes until the mixture has thickened and is warmed through.
4. Pour into a bowl and top with your favourite toppings, we recommend fresh strawberries, coconut flakes, chopped almonds and almond butter.
5. Other keto-friendly toppings include: chopped pecans, sugar-free maple syrup, coconut yoghurt and blueberries.