

Cinna Nut Cereal

INGREDIENTS

1-2 tbsp Walnuts (10 g)
1-2 tbsp Pecans (8 g)
1-2 tbsp Cashews (8 g)
1 tbsp Flaxseed (8 g)
1 tbsp Coconut Flour (8 g)
1 tsp Cinnamon (2 g)
1-2 tsp Erythritol (5 g)
Vanilla Extract (2 g)
½ cup Almond Milk (80 g)
Pinch of Salt

NUTRITION (per serving)

Number of Servings - 1
252 Calories
Fat - 20 g
Protein - 6 g
Carbohydrate - 14 g
Fiber - 8 g
Sugar - 2 g
NET CARBS - 6 g

DIRECTIONS

1. Place the walnuts, pecans and cashews in a plastic bag and smash them with a small pan, rubber mallet or hammer
TIP: If you don't want to use the caveman method, you can make a larger batch with a food processor!
2. Pour the crushed nuts into a bowl, and add the remaining dry ingredients
3. Microwave the almond milk for about 30 seconds until hot, then add to the bowl
4. Stir together with the vanilla extract
5. Top with a little heavy cream for added richness

EAT LOCAL & SUSTAINABLE



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