AMERICAN · BREAKFAST

Keto Hemp and Flax Breakfast Porridge

5 min · Serves 2 · 210 kcal a serve · Video 3:35 · Joe Duff - The Diet Chef

Vegan · Gluten-free ingredients

A warm grain-free porridge of hemp, flax, chia and almond: about 6 g fibre and under 3 g net carbs a serve, no added sugar, and rich in plant omega-3 and magnesium.

Diet notes: Keto (2.4 g net carbs a serve); Low saturated fat (1.6 g, 7% of the energy).

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Ingredients 9 · SERVES 2

- [ ] 3 tbsp (30 g) **hemp hearts**
- [ ] 3 tbsp (21 g) **golden flaxseed meal**, ground extra fine
- [ ] 2 tbsp (14 g) **blanched almond flour**
- [ ] 2 tbsp (18 g) **confectioners Swerve** (sweetener)
- [ ] 1 tsp (4 g) **chia seeds**
- [ ] 1/2 tbsp (4 g) **coconut flour**
- [ ] a pinch of **cinnamon**
- [ ] a pinch of **salt**
- [ ] 160 ml **unsweetened vanilla almond milk**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the hemp hearts, flaxseed meal (blitzed finer if you like a smoother porridge), almond flour, sweetener, chia seeds and coconut flour in a small pot. 1:05
2. Add a pinch each of cinnamon and salt, then pour in the almond milk. 2:25
3. Cook over medium-high heat for about 5 minutes, whisking all the time, until it thickens to the consistency you like. Spoon into bowls. 2:44

> **Tip** The written recipe counts this as 2 servings, though some readers find it makes one hearty bowl. The cook's site suggests topping it with nuts, berries or almond butter.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
210 kcal 880 kJ	9.4 g 19% of a day	8.6 g 2.4 g net · 0.8 g sugars 3% of a day
FIBRE	**FAT**	**SODIUM**
6.1 g 22% of a day	17 g 1.6 g saturated 22% of a day	120 mg 5% of a day

Energy from net carbs 5% · protein 19% · fat 76% — fits keto: 2.4 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Omega-3 254% · Magnesium 43% · Vitamin E 28% · Zinc 22%

Source of (10–19%) Calcium 17% · Iron 14%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=qShhyKK9_-o, published 19 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-hemp-flax-breakfast-porridge