



# Keto Oatmeal

We get so many requests for Keto Oatmeal, I decided it was time to get our favorite recipe into our blog! This one definitely has the right flavor and texture. Boss Babe used to eat oatmeal most mornings and loves this Keto option!

Breakfast is the most important meal of the day . . . to get RIGHT! Crush your Keto mornings with this delicious Keto Oatmeal!

## Recipe:

2 C Coconut/Almond Milk  
1 tsp Cinnamon  
½ C Shredded Coconut  
3 tbsp Chia Seeds  
¼ C Flax Seed Meal  
½ C Almonds/Pecans  
2 tbsp Hemp Hearts  
1 tbsp Swerve  
2 Droppers Liquid Stevia



Add everything to a saucepan, simmer until thick! It's really that easy! Let cool for a couple minutes and enjoy. Store in the fridge.

## The Keto Dad Tips and Tricks:

- We love toasting our almonds and pecans before adding them.
- Hemp hearts can be left out to decrease the fat content. This is also a higher total carb recipe - but the net carbs are great. There is a lot of fiber in chia seeds and flax seed meal!
- We keep leftovers in the fridge for up to a week. If it gets too thick, just stir in a little extra coconut or almond milk.
- Our favorite way to store this is in 5 half cup servings in 8oz mason jars! Grab one as you head out the door to work or bring it for lunch to break your fast! You can definitely eat more than one serving depending on the rest of your meal/day!

Serving size: 5 servings

Calories: 289, Fat: 24g, Carbs: 11g, Fiber: 9g, (Net Carbs 2) Protein: 9g

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