AMERICAN · DESSERT

Keto Rice Pudding Made with Chia Seeds

60 min · plus 1–2 hours chilling Makes 3 × 1 ramekin 274 kcal a portion

Video 4:55 · Keto Connect

Vegetarian | Gluten-free ingredients | Nut-free

Chia seeds stand in for rice and it's sweetened with stevia and erythritol, so a ramekin has about 3 g net carbs and no added sugar but all the cinnamon-nutmeg flavour.

Diet notes: Keto (3.2 g net carbs a serve).

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Ingredients

10 · MAKES 3 × 1 RAMEKIN

- [ ] a little **butter**, to grease the ramekins
- [ ] ½ cup **heavy cream**
- [ ] 1 cup **unsweetened carton coconut milk** (or flax milk)
- [ ] ½ tsp **ground cinnamon**
- [ ] ¼ tsp **ground nutmeg**
- [ ] ¼ tsp **vanilla extract**
- [ ] 30 drops **liquid stevia**
- [ ] 1 tbsp **powdered erythritol**
- [ ] 3 tbsp **chia seeds**
- [ ] 3 large **egg yolks**

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

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 375°F and grease three 4 inch ramekins. Whisk the cream, coconut milk, cinnamon, nutmeg, vanilla, stevia and erythritol together in a bowl. 0:33
2. Grind the chia seeds in a coffee grinder (optional, for a smoother texture), whisk them in and leave for 7–10 minutes until thick. 2:05
3. Whisk in the 3 egg yolks. 2:41
4. Divide between the ramekins and bake for 40–45 minutes, until set and starting to brown on top. 2:52
5. Cool for 10 minutes, then chill for 1–2 hours — like rice pudding, it's best served cold. 3:26

> **Tip** Flax or almond milk can replace the coconut milk, as the cook says. Add a few chopped nuts if you like (raisins would add sugar). Covered leftovers keep in the fridge for up to 3 days.

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

One portion (1 ramekin) gives you

1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
274 kcal	5.6 g	7.9 g	4.7 g	25 g	30 mg
1,150 kJ	11% of a day	3.2 g net · 1.3 g sugars	17% of a day	13 g saturated	1% of a day
		3% of a day		32% of a day	

Energy from net carbs 5% · protein 9% · fat 86% — fits keto: 3.2 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Omega-3 142% · Vitamin A 32% · Selenium 32%

Source of (10–19%) Vitamin B12 18% · Calcium 13% · Magnesium 11%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=fYeO0UG_rFQ, published 19 July 2018. 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-chia-baked-rice-pudding