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).

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Ingredients 9 · SERVES 2

- [ ] 3 tbsp (1 oz) **hemp hearts**
- [ ] 3 tbsp (¾ oz) **golden flaxseed meal**, ground extra fine
- [ ] 2 tbsp (½ oz) **blanched almond flour**
- [ ] 2 tbsp (¾ oz) **confectioners Swerve** (sweetener)
- [ ] 1 tsp (4 g) **chia seeds**
- [ ] 1/2 tbsp (4 g) **coconut flour**
- [ ] a pinch of **cinnamon**
- [ ] a pinch of **salt**
- [ ] 2/3 cup **unsweetened vanilla almond milk**

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

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

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