

COCONUT FLAKES CEREAL



	Ingredients	Exchanges
Heavy Cream	60 gm, served with cereal	
Protein	13.3 gm NOW Real Food® almond flour -----	2.5 (-3.75 gm fat) -----
	20.6 gm egg white	1.2 (+1.2 gm fat)
Fat	6.5 gm coconut oil -----	2 (-1.5 gm) -----
	16 gm canola oil, served with cereal	4
Carbohydrate	1.6 gm Bob's Red Mill® coconut flour	1.3
Other	4 gm erythritol	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat the oven to 350° F.
- In a small microwave safe bowl, melt the coconut oil.
- Add the almond flour, egg white, coconut flour, and erythritol.
- Stir until smooth using a rubber spatula.
- Pour the mixture into the bottom corner of a sandwich bag (or piping bag).
- Cut a small hole at the bottom corner.
- Cover a baking sheet with parchment paper.
- Pipe the batter into very small mounds.
- Place in the oven for 5-7 minutes until the flakes become golden.
- Remove from the oven and allow to cool slightly.
- In a serving bowl, emulsify the canola oil and heavy cream together.
- Serve either warm or chilled with heavy cream and oil mixture.

VARIATIONS

- Cereal should be stored in an airtight storage bag in the refrigerator or freezer.
- The gram amount of coconut oil should be approximately half the gram amount of flour. The remainder of fat exchanges can be emulsified as canola oil into the heavy cream.
- Heavy cream and canola oil can be emulsified together using a whisk or milk frother.
- The amount of heavy cream should be adjusted according to personal meal plan.
- Other artificial sweeteners such as liquid stevia or saccharin can be used in place of erythritol.
- Other keto-approved brands of almond flour can be used with the proper calculation adjustment.