



*Low Carb Diabetes Association*

Low Carb Diabetes Association  
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## Two Hot Cereal Recipes

### #1: Coconut Sunflower/Other Nut Porridge

#### Ingredients:

- \* 1 & 1/2 teaspoons flax seeds (or already in flax meal)
- \* 1/4 to 1/2 cup nuts, depending on how thick you like it
- \* 1/2 cup unsweetened coconut flakes
- \* 1/2 cup water
- \* 1/8 teaspoon sea salt
- \* 1 tablespoon unsweetened sunflower seed/other nut butter
- \* Optional: a few drops of stevia or other powdered sweetener

#### Directions:

1. Spread the coconut flakes on a cookie sheet and place the sheet in the oven.
2. Turn the oven on and toast the coconut for about 10 minutes, keeping a close eye on it so that it doesn't burn.
3. Grind the flax seeds, walnuts, and toasted coconut in a dry blender or food processor.
4. Add the meal to your bowl,
5. Puree the water, salt, sunflower seed/other nut butter, and sweetener.
6. Heat the liquid to a simmer, then pour over the meal and stir to combine.

The porridge will thicken as it cools. Can add extra toasted coconut.

Makes 1 serving.

### #1: Quick Microwave Hot Cereal

#### Ingredients:

- \* 1 tbs - unsweetened coconut shredded flakes
- \* 1 tsp – hemp or flax or chia seeds
- \* 1 tsp - sliced almonds or other nut
- \* 1 tsp - almond butter or other nut butter
- \* Cinnamon as required
- \* Unsweetened Milk

Put all the ingredients in a bowl and microwave for 30 seconds—this has a crunch to munch on for a warm breakfast!