



Low Carb Diabetes Association

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Very Healthy Low Carb Cereal

Ingredients:

- * 1/3 cup erythritol, Swerve, or other alternative sweetener (+) 1 tsp stevia glycerite (see below recipe for sweetener comparison)
- * 1/3 cup crushed almonds or pecans or walnuts
- * 1/4 cup almond/other nut or seed flour
- * 1/4 cup vanilla whey/egg/pea/rice protein
- * 1/4 cup cow or goat butter, or coconut oil, softened
- * 1 tsp pure organic blueberry (or other fruit) extract
- * 1 tsp cinnamon

Directions:

1. Preheat oven to 300 degrees F (170 degrees C).
2. Combine 1/3 cup sweetener, 1/3 cup crushed nuts, almond flour, whey, blueberry extract and cinnamon in a small bowl.
3. Cut in butter with fork or pastry blender until mixture resembles coarse crumbs.
4. Place on a cookie sheet with defined edges or the butter will leak off.
5. Bake for 12-20 minutes or until golden brown.
6. Remove from the oven and gently stir while still hot.
7. Let cool in the cookie tin (it will crisp up A LOT). Break pieces apart and enjoy with unsweetened nut milk. Makes 4 servings.