

# Low-Carb Cinnamon Cereal



Makes approximately 3 cups

Ingredients:

- 1/2 cup milled flax seed
- 1/2 cup hulled hemp seeds
- 2 tablespoons ground cinnamon
- 1/3 cup sugar-free syrup\*
- 1-1/2 tablespoons melted coconut oil

## Instructions:

1. Pre-heat oven to 300°F.
2. Combine the dry ingredients in a blender or food processor. Add the sugar-free syrup and coconut oil and process until fully combined and mostly smooth.
3. Spread the batter out on a parchment lined cookie sheet until nice and thin – about 1/16 of an inch thick.
4. Bake in a pre-heated oven for 15 minutes.
5. Lower the heat to 250°F and bake for another 15 minutes.
6. Remove from the oven and using a pizza cutter or knife, cut into squares about the size of the keys on your computer keyboard. Turn off the oven and put the cereal back inside for about an hour, or until it's crisp and breaks easily. If it's still soft, keep in the oven until completely dried out and crisp.
7. Serve with unsweetened almond milk.

## Note:

\*Such as Torani coffee syrup, vanilla flavor.

Nutrition per  $\frac{1}{2}$ -cup serving (without almond milk): Calories 161; Total Fat 12.1 g; Saturated Fat 3.6 g; Monounsaturated Fat 1.4 g; Polyunsaturated Fat 6.0 g; Total Carbohydrates 9.7 g; Dietary Fiber 7.6 g; Sugar Alcohols 0.0 g; Sugars 1.3 g; Protein 5.1 g; Sodium 5 mg