

## Quick Keto Hot Cereal

### Description

*This cereal is comforting and is ready in about five minutes.*

**Prep time:** One minute

**Cook time:** Three minutes

**Total time:** Four minutes

**Servings:** 4

### Ingredients

- 4 tablespoons of raw sunflower seeds, unsalted and without shells, blend into a powder
- 5 tablespoons of almond flour
- 2 tablespoons of golden flaxseed meal
- 2 tablespoons of butter or ghee
- 1 ½ cups of unsweetened almond milk
- ½ teaspoon of vanilla extract
- ¼ teaspoon of ground cinnamon
- 2 packets of stevia sweetener or 1 tablespoon of pure maple syrup for paleo option ⅓ cup of berries blueberries & sliced strawberries

### Instructions

1. Add the sunflower seeds in a blender or food processor and blend until it has a flour texture.
2. Then mix the flaxseed meal, sunflower flour, and almond flour in a bowl until combined.
3. Place a saucepan over medium heat, then melt the butter in it. Add in the vanilla extract and almond milk into the pan and stir.
4. Add in the flax-almond mixture and mix. Heat the mixture for about two minutes until warm.
5. Transfer into bowls and top with half teaspoon of cinnamon, berries and one packet of sweetener. Serve.