

NUT MEDLEY GRANOLA

Serves 8 / Prep time: 10 minutes / Cook time: 1 hour

Homemade granola is an incredibly versatile treat to have on hand for breakfast, snacks, and as a healthy topping for a creamy cup of Greek yogurt. The combination and amount of nuts in this recipe creates a wonderful keto macro, but you can add or omit different ingredients to suit your taste. Stay away from adding dried fruits though, because they are very high in carbs.

2 cups shredded unsweetened coconut	½ cup walnuts
1 cup sliced almonds	½ cup melted coconut oil
1 cup raw sunflower seeds	10 drops liquid stevia
½ cup raw pumpkin seeds	1 teaspoon ground cinnamon
	½ teaspoon ground nutmeg

1. Preheat the oven to 250°F. Line 2 baking sheets with parchment paper. Set aside.
2. Toss together the shredded coconut, almonds, sunflower seeds, pumpkin seeds, and walnuts in a large bowl until mixed.
3. In a small bowl, stir together the coconut oil, stevia, cinnamon, and nutmeg until blended.
4. Pour the coconut oil mixture into the nut mixture and use your hands to blend until the nuts are very well coated.
5. Transfer the granola mixture to the baking sheets and spread it out evenly.
6. Bake the granola, stirring every 10 to 15 minutes, until the mixture is golden brown and crunchy, about 1 hour.
7. Transfer the granola to a large bowl and let the granola cool, tossing it frequently to break up the large pieces.
8. Store the granola in airtight containers in the refrigerator or freezer for up to 1 month.

PER SERVING Calories: 391; Fat: 38g; Protein: 10g; Carbs: 10g; Fiber: 6g;
Net Carbs: 4g; Fat 80%/Protein 10%/Carbs 10%



KETO QUOTIENT

DAIRY FREE
GLUTEN FREE
VEGETARIAN