

## Easy Keto Granola

Servings: 12 of about 40g's

Ingredients:

100g Walnuts (unsalted and not roasted)

100g Hazelnuts (unsalted and not roasted)

100g Sunflower Seeds

100g Almond flakes or slivers

100g coconut flakes (optional)

2 teaspoons ground Cinnamon

2 teaspoons ground Ginger

1/2 teaspoons ground Nutmeg

3 tablespoons Coconut Oil



### Instructions:

Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.

Chop the walnuts and hazelnuts. Dry roast them in a heated pan until they become fragrant and have tinges of browning. Once dry roasted, combine them with the almonds and sunflower seeds in a bowl.

Heat 3 tablespoons of coconut oil in a frying pan. Add the spices to the heated coconut oil, swirling them around gently to avoid burning.

Add the nut mixture to the pan and toss until well coated with the spices and coconut oil.

Remove the pan from the heat and transfer the nut mixture onto the lined baking tray.

Bake for about 10 minutes, checking frequently to avoid burning. The goal is to roast the granola gently.

Once roasted, remove the baking sheet from the oven and allow the granola to cool completely.

Transfer the cooled granola to an airtight container for storage. It can be kept at room temperature for up to 3-4 weeks.

Enjoy the keto granola as a snack on its own or sprinkle it over yogurt as a breakfast food or low-carb desserts for added crunch and flavour.

Note: You can substitute the nuts and coconut flakes with other keto friendly nuts like macadamia, pili, pecan and Brazil making up the 500g's. Customise the recipe to your liking but be mindful of the carb count.

Per serving: Total Carbs 9.2g Net carbs 2.4g Fats 30g Protein 7.9g Calories: 315kcal