

Jenn's Granola Gone Nuts!



I follow a low carb/Keto style diet so this variation on a popular breakfast/snack theme is a perfect fit for me. It's packed with nuts and seeds and is grain-and sugar-free with only a hint of honey as the perfect sweetener. Beware: it's easy to make and *even easier* to consume as a stand-alone cereal/snack or topping for yogurt!

Thanks to Jenn for sharing a jar of this terrific homemade granola and then revealing the recipe. We've made more batches than I can count with whatever seeds and nuts I happened to have on hand since her original gift.

The only addition I would might make is to add high-fiber, high-protein chia seeds just before serving. With or without this addition, it's perfection!

Ingredients:

- 2 cups almonds raw slivered
- 1/4 cup unsweetened shredded coconut
- 1/2 cup sunflower seeds raw
- 1 1/4 cups pumpkin seeds raw
- 3 tbsp coconut oil melted
- 1/4 cup honey
- 1/2 tsp vanilla extract

Directions:

1. Preheat oven 325 degrees F and prepare a baking sheet with parchment paper.
2. To a food processor, add almonds and chia seeds. Pulse until a granola-like mixture appears this should only take a few seconds. Do not over process.
3. In a large mixing bowl, add all nuts and seeds including pulsed almonds and shredded coconut.
4. In a small saucepan, heat coconut oil, vanilla & honey on low heat for 5 minutes. Pour the mixture over nuts and seeds to combine well.
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6. Remove from oven and cool 10-15 minutes, the granola will harden more as it cools.
7. Store in a container and enjoy for a few weeks. Or a few days!!!