

Low Carb Granola

Healthy fats are easily damaged at high cooking temperatures. That's why it's always preferable to bake nuts and seeds at a lower temperature for longer!

Per 50g serving: 176 calories, 2.5g of carbs, 4g of protein, 16g of fat

With 100g Glenisk yoghurt: 296 calories, 5.8g of carbs, 6.8g of protein, 27g of fat

Serves 12 – counted on the app SENZA

Ingredients:

- 100g of Walnuts/pecans
- 100g of Brazil nuts
- 50g of cashews
- 1 small bag of Pumpkin seeds 175g
- 50g of coconut pieces
- 2 tbsp of vanilla extract
- 2 tsp of cinnamon
- 1 heaped tablespoon of coconut oil
- 1/2 cup of Erythritol sweetener

Directions:

1. Place the nuts and pumpkin seeds into a blender and blitz for no longer than 10 seconds for each batch.
2. Heat the coconut oil in a pan over *very low* heat and once melted, add in the cinnamon, vanilla extract and sweetener of your choice. I like erythritol or a stevia /erythritol mix.
3. Add the nut mix to a large bowl with the coconut pieces and drizzle your coconut oil over. Mix well, coating all of the nuts evenly with the oil and spices.
4. Line a tray with some parchment paper and cover the tray evenly with the granola mix. Bake for 90 minutes @ 130°C, with the door slightly ajar to release any steam from the nuts. Turn over after each 30 minutes.
5. Once the granola has finished baking, it should be light and crunchy. (Leave it in for additional time if it's not.) Remove it from the oven and allow it to cool completely before storing it in an airtight container. Serve with Greek or natural yoghurt 😊

