



Keto Crunchy Granola

ingredients

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Basic recipe:

- 2 cups any combination of nuts
- 1 cup any combination of seeds
- 1/3 c coconut oil
- 1 egg, beaten
- 1/3 c Pyure, or sweetener of choice
- 1/2 c cacao nibs
- 1/2 Lilly's chocolate chips (optional, we just like chocolate)
- 1t of pink salt

Since this a basic recipe the macros will vary greatly depending on which nuts and seeds you use so we cannot calculate this one for you

directions

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1. Process nuts and seed together until it resembles a very coarse meal. pour the mixture into a large bowl, add the rest of the ingredients except the Lilly's chips, and mix very well, incorporating everything very well. Place onto a large cookie sheet lined with parchment paper and bake at 300f for 40 min, or until it turns a golden color. Add the Lilly's chips, and mix well, allowing the chips to melt just a tad. Let the whole mixture cool and stir it around so it will be crumbly.
2. I packed mine in 1/2c portions and stored them in snack baggies, ready for my next sweet tooth or snack attack.

