

## KETO GRANOLA

My preferred breakfast on trail and at home. A mix of nuts and seeds which can be consumed with hot or cold milk (or alternative) depending on the season.

### INGREDIENTS

- 1 cup Blanched Almonds
- 1 cup Brazil nuts
- 1 cup Coconut flakes
- 1 cup Pecans
- 1 cup Pumpkin seeds
- 1/2 cup Hemp Seeds
- 1/2 cup Psyllium Husk
- 4 tbsp Stevia
- 2 large Egg white
- 1/2 cup (melted) Ghee
- 1 tsp cinnamon
- 1 tsp Himalayan Salt
- 2 tsp coconut creamer and 2dl (hot) water as milk alternative.

### INSTRUCTIONS

1. Preheat the oven to 165C.
2. Line a large baking sheet(s) – approx 30cm x 45cm with baking paper
3. Place almonds, brazil nuts and pecans in a plastic bag and gently beat/crush with rolling pin (alternatively pulse in a blender) to ensure that the nuts remain in large pieces
4. Place coconut flakes and pumpkin seeds in a plastic bag and gently beat/crush with rolling pin (alternatively pulse in a blender) to ensure that they remain in larger pieces
5. Add all the nuts, seeds and flakes into a bowl with the salt, flavouring (cinnamon etc), hemp seeds, psyllium husk and stevia and mix thoroughly.
6. Whisk the egg white and melted ghee in a small bowl, and pour into the nuts and seeds and mix until everything is coated evenly.
7. Place the nut mixture onto the baking sheet and form into a thin rectangle approx 3/4cm thick.
8. Bake for 15-18 minutes until lightly browned
9. Leave to cool completely. The granola will firm up as it cools down.
10. Break the granola into bite-size pieces and store in an airtight container.

## MACRO-NUTRIENT BREAKDOWN

Nutrient (per 100g)	Calories	%age
Protein		
Fat		
Carbohydrates		
- Fibre		
- Net Carbs		