



JERNEJ KITCHEN

HOMEMADE KETO GRANOLA (SUGAR-FREE AND GLUTEN-FREE)

Keto Granola is full of nuts, cacao, and coconut. It's a great, healthy way to start the day. Completely sugar-free, gluten-free and grain-free. Delicious.

MAKES	600	G / 1.3 POUNDS (OR 12 PORTIONS)
PREPARATION:	5	MINUTES
BAKE:	15	MINUTES
TOTAL TIME:	20	MINUTES

HOMEMADE KETO GRANOLA

- 30 g chia seeds (1 oz or 3 tbsp)
- 125 g sunflower seeds (4.4 oz or 3/4 cup + 1 tablespoon)
- 50 g pumpkin seeds (1.8 oz or 1/2 cup)
- 60 g almonds (2.1 oz or 1/3 cup + 1 tbsp)
- 100 g brazil nuts (3.5 oz or 3/4 cup)
- 50 g hazelnuts (1.8 oz or 1/3 cup)
- 50 g pecans (1.8 oz or 3/8 cup)
- 4 tbsp toasted coconut chips
- 4 tbsp cocoa nibs
- 1 tsp cinnamon powder
- 50 g coconut oil (1.8 oz or 1/4 cup)
- 3 tbsp dutch process cocoa powder
- 60 ml water (1/4 cup)

NUTS

Add chia seeds to blender or food processor and pulse for a couple of times to break them or grind to get a powder-like texture. Add sunflower seeds, pumpkin seeds, almonds, brazil nuts, hazelnuts, and pecans to the food processor. Pulse for a few times to crush the nuts slightly. Add the toasted coconut chips, cocoa nibs, pinch of salt, and cinnamon powder. Stir to combine. Preheat your oven to 180 °C or 350 °F.

BAKE YOUR GRANOLA

Transfer the granola mixture to a large bowl. In a separate, small bowl, stir to combine coconut oil and dutch process cocoa powder. Pour the mixture over the granola, add water. Stir to combine using a spatula. Spread the granola evenly over a baking sheet. Transfer to the preheated oven and bake for 15 - 20 minutes at 180 °C or 350 °F. Stir the granola once or twice while baking.

SERVE

Remove the granola from the oven and let it cool completely. Store in an airtight container or glass jar. Serve your keto granola with yogurt or milk. Store in a dark, dry place for up to a month.

TOOLS AND EQUIPEMENT

- blender or food processor
- large bowl
- small bowl