



## 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 Sponsored

- blender or food processor
- large bowl
- small bowl