

Low Carb Granola with Yogurt

Makes: Servings 5

Each serving = ½ Cup Yogurt + ¼ Cup Granola



Ingredients

1 tbsp coconut oil.

2 tbsp Xylitol.

1 tbsp chopped almonds.

1 tbsp ground almonds.

1 tbsp roughly chopped walnuts.

1 tbsp pumpkin seeds.

1 tbsp sunflower seeds.

500g Natural yoghurt or Greek yogurt. (Check label for lowest Carbs)

15g(half a scoop) vanilla whey protein powder. (Optional but does sweeten the yogurt!!)

Instructions

Gently heat the oil in a frying pan, then add the Xylitol, nuts and seeds. Keep the mixture moving so not to burn and cook for 5mins or until the mixture is slightly toasted. Set aside to cool.

Mix the whey protein powder and natural yogurt together and divide into 5 equal portions, once the nut and seed mix has cooled divide equally over the yogurt. The granola topping will keep fresh in an airtight container for up to a week.

Nutrition information:

Per serving = ½ Cup Yogurt + ¼ Cup Granola topping

Kcal 279

Fat 18.4g

Carbs 8.7g

Protein 16.8g