

Low Carb Granola

Makes: Servings 5

Each serving = ¼ Cup Granola

Ingredients

- 1 tbsp coconut oil.
- 2 tbsp Xylitol (natural low GI sugar substitute)
- 1 tbsp chopped almonds.
- 1 tbsp ground almonds.
- 1 tbsp roughly chopped walnuts.
- 1 tbsp pumpkin seeds.
- 1 tbsp sunflower seeds.



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. The granola topping will keep fresh in an airtight container for up to a week.

Serving Suggestion:

Spinkle ¼ cup of granola over ½ cup of greek or natural yogurt for a yummy breakfast, low in carb and high in protein. If you prefer a sweeter yogurt just add 15g of vanilla Whey protein powder and stir well before topping with granola.

Nutrition information:

Per serving = ¼ Cup Granola topping

Kcal 225
Fat 11.4g
Carbs 5.7g
Protein 13.8g