

Grain-Free Granola



yield: 3 cups (1/4 cup per serving)

prep time: 5 minutes

cook time: 30 minutes

I've always loved snacking on granola, and back in the day I was one to enjoy the occasional bowl of cereal for breakfast. My grain-free granola fits the bill for both! When I eat it with unsweetened almond milk, it really satisfies my craving for cereal. The pecans and coconut chips add just the right Southern touch.

1 cup chopped raw pecans

1 cup roasted and salted shelled sunflower seeds

1 cup unsweetened coconut flakes

1/4 cup finely ground blanched almond flour

1 large egg white

1/4 cup granular erythritol

2 tablespoons salted butter, melted

1 teaspoon vanilla extract

1/8 teaspoon liquid stevia

1. Preheat the oven to 325°F. Line a sheet pan with parchment paper.
2. In a medium-sized bowl, stir together the pecans, sunflower seeds, coconut flakes, and almond flour.
3. In a small bowl, whisk the egg white, then stir in the erythritol, melted butter, vanilla extract, and stevia. Pour over the pecan mixture and stir until the pecan mixture is completely coated with the egg white mixture.

4. Spread the granola evenly on the sheet pan. Bake for 25 to 30 minutes, stirring every 10 minutes, until light golden brown. Allow to cool completely before serving. Leftovers can be stored in an airtight container for up to 2 weeks.

NET CARBS 1.6g				
calories	fat	protein	carbs	fiber
186	18.1g	4g	4.5g	2.9g