



# Simple Keto Granola

If you've been missing this breakfast staple on your low carb or keto lifestyle, look no further! We've been looking for a good Granola recipe, but they all had too many ingredients, seemed a little daunting, or just didn't seem perfect.... Until Keto Boss Babe decided to just go for it! She pulled out a bunch of her favorite nuts and seeds, and this is the awesome creation she made!

## Here are the Ingredients You'll Need:

- 1 C Slivered Almonds (lightly toasted)
- 1 C Chipped Pecans (lightly toasted)
- 1 C Pumpkin Seeds
- 1/2 C Hemp Hearts
- 1/2 C Chia Seeds
- 1/2 C Shredded Unsweetened Coconut
- 1/2 C Flax Seed Meal
- 4 tsp Truvia
- 2 Egg Whites
- 1/4 C Melted Butter



## Recipe:

- Beat egg whites, mix in melted butter.
- Combine dry ingredients and add to egg white mixture.
- Cover baking sheet with parchment paper. Bake at 250 degrees for 45 minutes, mixing every 15 min.
- Let cool to get crispy.

## The Keto Dad Tips:

- You can make this as a bar if you press it together before you bake it! It will be crumbly though.
- Switch it up and include whatever types of nuts or seeds you'd like! Just watch the carbs.

**Serving Size:** ½ C

**Macros:** Carbs: 1 Fats: 30 Protein: 12

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