

Wholesome Nut + Seed Sugar Free Granola



Before we got pregnant my husband and I enjoyed being on a keto diet and experimenting with new recipes. I have always loved a good granola but had a hard time finding one that had no added sugar, made with quality ingredients, while still having good taste and texture. When I did find any that checked all these boxes, I had to pay a hefty price for a 10oz bag. It took some trial and error, but I am happy to share my go-to granola recipe that is hearty with protein, healthy fats, rich in vitamins and minerals and is packed with a crunch. This was a staple during my pregnancy, I loved using it as a topping on my sourdough toast with nut or peanut butter, topped my sliced apple and peanut butter, on plain whole milk Greek yogurt with berries, and as a cold cereal with nut or coconut milk. What I love most about this recipe is the versatility it offers. You can swap out or omit nuts and seeds based on what you have available at home. Or switch out spices and unsweetened dried fruits based on the season. However you enjoy this granola, I hope you make it your own and share the love!

Ingredients: *

1/2 cup whole almonds
1/2 cup pecans halves
1/2 cup walnuts halves
1/3 cup unsweetened toasted coconut flakes
1/4 cup pumpkin seeds
1/4 cup sunflower seeds
1/4 cup flax chia blend
1/4 cup hemp hearts
1/4 cup almond flour
1/4 cup coconut oil
1 tsp vanilla
1 egg white
Cinnamon to taste
Pinch of sea salt

Recipe Notes:

Optional spices: pumpkin spice, nutmeg, ginger, turmeric

Optional unsweetened fruits: raisins, cranberries, chopped dates, and dehydrated or freeze-dried berries

*I strive to buy organic ingredients whenever possible

Instructions:

1. Preheat the oven to 325 degrees F (163 degrees C). Line a large baking sheet with parchment paper.
2. Pulse almonds in a food processor intermittently, until most of the nuts are in chopped into large pieces (~ 1/4 - 1/2 of the full size of the nuts).
3. Add the pecans and walnuts. Pulse again, stopping when they are in large pieces. (These are added later since they are softer.)



4. Add the coconut flakes, pumpkin seeds, sunflower seeds, flax chia blend, hemp hearts, and almond flour. Pulse just until everything is mixed well. Do not over-process! You want to have plenty of nut pieces remaining, and most of the seeds should be intact.
5. Whisk together the melted coconut oil, vanilla extract, cinnamon, and salt in a small bowl, add to the food processor along with the egg white.
6. Gently pulse a couple times. Mix a little from the bottom toward the top with a spatula, then pulse a couple times again. Repeat as needed until everything is coated evenly, avoiding over-processing. At the end of this step, you'll have a combination of coarse meal and nut pieces, and everything should be coated with the egg white and coconut oil.
7. Transfer the nut mixture to the prepared baking sheet in a uniform layer. Bake for 15-18 minutes, until lightly browned, especially at the edges.
8. Cool completely before breaking apart into pieces. (The granola will be soft when you remove it from the oven but will crisp up as it cools, lending to larger "bite-size" granola if desired.)
9. Once cooled, store in an air-tight container. This recipe filled up a 32oz mason jar beautifully. I personally store in the refrigerator to keep fresh.
10. Enjoy! Get creative - top your favorite yogurt, nut milk, toast, fruit and more! Tag your yummy creations with @the_wellness_pharmacist on Facebook or Instagram!

