

Roger's Low Carb Granola



Preparation Time:

15

Cooking Time:

20

Total Time:

35

Servings:

8

Ingredients

- 1/2 cup pecans or walnuts, roughly chopped
- 1/2 cup whole almonds, roughly chopped
- 1/2 cup sliced almonds, chopped to resemble oats
- 1/3 cup whole pumpkin seeds
- 1/3 cup whole sunflower seeds
- 1/4 cup Bob's Red Mill ground golden flax meal
- 1/3 cup unsweetened dried cranberries
- 1/3 cup dried fruit of your choice
- 1/4 cup VitaFiber syrup (isomaltooligosaccharide)
- 2 Tbsp butter (ghee, or coconut oil), melted
- 2 Tbsp agave syrup
- Pinch or two of salt
- 1/4 Tsp cinnamon, optional

Directions

Preheat the oven to 350 ° F and position the baking rack to the middle position.

Line a large sheet pan with a piece of parchment.

Roughly chop the nuts.

Add all of the nuts, seeds, flax, and dried fruit if using to a large bowl and mix well.

Measure and pour the VitaFiber* over the nuts and seeds and mix thoroughly.

Add the melted butter and mix again.

Add a pinch or two of salt to taste, the agave syrup and the cinnamon (if using) and mix well.

Distribute the low carb granola mixture evenly on the prepared sheet pan and bake until fragrant and slightly golden in color. Check at 20 minutes and sometimes you may have to add five minutes depending on your oven.

Remove from the oven, stir lightly and cool completely.

Break up large clumps before storing in an airtight container.

Notes

* You may substitute the VitaFiber with Yacon Syrup or honey. If using the honey, eliminate the agave syrup.