



Roger's Yummy Low Carb Granola

Baking | Breakfast | Cereals | Grains

RATING ★★★★★	SERVINGS 4 Cups	DIFFICULTY Easy
PREP TIME 15 Minutes	COOK TIME 15 Minutes	TOTAL TIME 30 Minutes

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
- 2 tablespoons Chia seeds
- 1/4 cup ground golden flax meal
- 1/3 cup unsweetened dried cranberries
- 1/3 cup dried mango or other dried fruit, diced
- 1/4 Fiber Yum (see notes for alternatives)
- 2 tablespoons butter, ghee, or coconut oil, melted
- 2 tablespoons agave syrup, omit if using honey
- Pinch or two of salt
- 1/4 teaspoon of cinnamon, optional

Directions

- Preheat the oven to 375 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 medium bowl and mix well.
- Measure and pour the Fiber Yum, over the nuts and seeds and mix thougoughly. (See notes for other sweetener alternatives.)
- Add the melted butter, and mix again. (You may also use ghee, or melted coconut oil.)
- Add a pinch or two of salt, 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, about 20 minutes.
- Remove from oven, stir and cool completely.
- Break up large clumps before storing in an airtight container.

Notes

You may substitute Gold Fiber Syrup with: Viafiber, Fiber Rum, Yacon Syrup, or honey.