AMERICAN · BREAKFAST · SNACK

Keto Nut and Seed Granola

25 min · Serves 12 · 301 kcal a serve · Video 8:07 · Wholesome Yum

Vegetarian · Gluten-free ingredients

Almonds, hazelnuts, pecans and seeds with flaxseed, sweetened without sugar: about 3 g net carbs and 5 g fibre per 1/4-cup serve, and rich in vitamin E, magnesium and plant omega-3.

Diet notes: Keto (3 g net carbs a serve); Dairy-free if you leave out the unsalted butter.

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Ingredients 10 · SERVES 12

- [ ] 140 g **almonds**
- [ ] 140 g **hazelnuts**
- [ ] 100 g **pecans**
- [ ] 45 g **pumpkin seeds**
- [ ] 45 g **sunflower seeds**
- [ ] 6 tbsp **monk fruit allulose blend** (sweetener)
- [ ] 55 g **golden flaxseed meal**
- [ ] 1 large **egg white**
- [ ] 55 g **unsalted butter**, melted (or coconut oil or ghee)
- [ ] 1 tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 163 °C and line a large baking sheet (or two small ones) with baking paper. 1:33
2. Pulse the almonds and hazelnuts in a food processor until coarsely chopped, then add the pecans and pulse into large pieces. 1:44
3. Add the pumpkin and sunflower seeds, sweetener and flaxseed meal and pulse briefly to combine without grinding it fine. 2:26
4. Add the egg white, then the melted butter whisked with the vanilla, and pulse until everything is evenly moistened. 3:09
5. Press into a thin, even layer about 6–8 mm thick and bake 15–18 minutes, until lightly browned at the edges. 4:19
6. Cool completely (it crisps as it cools), then break into clusters. 5:03

> **Tip** A serve is 60 ml. She eats it with unsweetened almond milk plus a spoonful of cream, and a few berries. Keeps up to a few weeks in an airtight jar. Coconut oil instead of butter makes it dairy-free.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
301 kcal	**8.1** g	**8.2** g	**5.2** g	**28** g	**10** mg
1,260 kJ	16% of a day	3 g net · 1.6 g sugars	19% of a day	4.6 g saturated	0% of a day
		3% of a day		36% of a day	

Energy from net carbs 4% · protein 11% · fat 85% — fits keto: 3 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Omega-3 74% · Vitamin E 43% · Magnesium 27%

Source of (10–19%) Zinc 15% · Iron 11% · Vitamin B6 10% · Selenium 10%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=pjvZefhaguU, published 5 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-nut-and-seed-granola