

Keto Granola with Yoghurt and Berries

Servings	4
Preparation Time	5 Mins
Cooking Time	0 Mins
Total Time	5 Mins

Nutrition Information

Calories	550.00
Protein	14.00
Protein Serve	1.00
Carbohydrates	6.00
Fat	50.00

Ingredients

Granola

- 0.50 cup Almond Flakes
- 0.25 cup Almond Meal
- 0.50 cup Brazil Nuts (roughly chopped)
- 0.50 tsp Cinnamon
- 1.00 cup Coconut Flakes
- 1.00 tsp Coconut Oil
- 2.00 tbsp Flax Seeds
- 0.25 cup Pumpkin Seeds

Toppings

- 50.00 g Berries (of choice)
- 50.00 g Plain yoghurt

Instructions

1. Preheat oven to 160°C (320°F), and line a large tray with baking paper.
2. Add all granola ingredients into a large bowl, excluding the coconut oil.
3. Melt coconut oil and drizzle over the bowl. Mix through thoroughly.
4. Spread in a single layer on your tray and bake for 20 minutes or until golden.
5. Serve with berries and yoghurt.