Keto Granola with Yoghurt and Berries

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

Nutrition Information

Calories	0.38
Protein	0.01
Protein Serve	0.00
Carbohydrates	0.00
Fat	0.01

Ingredients

- 0.13 cup Almond Flakes
- 0.06 cup Almond Meal
- 12.50 g Berries
- 0.13 cup Brazil Nuts
- 0.13 tsp Cinnamon
- 0.25 cup Coconut Flakes
- 0.25 tsp Coconut Oil
- 0.50 tbsp Flax Seeds
- 12.50 g Plain yoghurt
- 0.06 cup Pumpkin Seeds

Instructions

1. Preheat oven to 160ºC (320ºF), 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.