

Keto Chocolate Granola Clusters

Description

These granola clusters are crunchy and very filling. You will enjoy them.

Prep time: Fifteen minutes

Total time: One hour

Servings: 12

Ingredients

- 2/3 cup of flaked almonds (2.1 oz)
- 1/2 cup of roughly chopped cashews (2.5 oz)
- 1 1/2 cup of shredded coconut or 2 cups of flaked coconut (4 oz)
- 1 cup of mixed seeds (4.5 oz) - any seeds such as sesame, flaxseed, sunflower, pumpkin
- 1/2 cup of almond flour (1.8 oz)
- 1/3 cup of sugar-free maple syrup such as Lakanto (2.7 fl oz)
- 1/2 cup of almond butter or any nut or seeds butter (4.4 oz)
- 1/3 cup of virgin coconut oil (2.6 oz)
- 1/4 cup of raw cacao powder (0.8 oz)
- 1/4 cup of hot water (2 fl oz)
- 1/4 teaspoon of sea salt

Instructions

1. First, preheat the oven to about 300 degrees F, then combine the hot water and cacao in a bowl until it forms a paste.
2. Next, add in the nut butter, melted coconut oil, and maple syrup. Then add in the salt and stir until mixed.
3. Pour in the seeds, nuts, almond meal, and coconut flakes into a bowl and combine. Pour over the chocolate mixture. Pour into a lined baking tray and place into a baking tray. Bake until the granola is firm, about fifty minutes.
4. Let it cool completely on the tray, then break it up into chunks.