

GRAIN-FREE CINNAMON COCONUT GRANOLA

Crunchy, naturally sweetened, and free of grains, sunflower seeds, and refined sugar



INSTRUCTIONS

1. Preheat and prep

Preheat the oven to 325°F. Line a large baking sheet with parchment paper.

2. Chop and mix in a large bowl

- 1/2 cup almonds, chopped
- 3/4 cup pecans, chopped
- 1 cup unsweetened coconut flakes
- 1/3 cup pumpkin seeds
- 3 tbsp flaxseed meal
- 1 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup [So Nourished Monk Fruit Sweetener with Allulose](#)

3. In a medium saucepan, combine

- 2 tbsp maple syrup
- 1/4 cup butter

Heat on medium until combined, then remove from heat and stir in 1 tsp vanilla extract.

4. Combine wet and dry

Pour the butter mixture over the nut mixture and stir until everything is evenly coated.

5. Spread on the pan

Spread the mixture into an even layer on the prepared baking sheet.

6. Bake

Bake for 20 minutes, then stir. Return to the oven for another 5-8 minutes, watching closely, until golden brown.

7. Cool and break apart

Let cool completely on the pan before breaking into pieces — it crisps up as it cools.

NUTRITION (per 1/4 cup serving, makes about 12 servings)

- Calories: 199
- Total Fat: 18g
- Total Carbs: 11g
- Fiber: 3g
- Net Carbs: 4g
- Protein: 4g

Net carbs are calculated as total carbs minus fiber minus the allulose sweetener, which is not digested or absorbed the same way as sugar and doesn't raise blood sugar.

STORAGE

Keep in an airtight container at room temperature for 3-4 weeks, or freeze for up to 3 months.