Crunchy Honey Granola

★★★★½

Made with Nuts & Seeds

20 servings

INGREDIENTS

2 c. mixed seeds (pepitas, unsalted sunflower nuggets, sesame seeds)
1 c. unsweet coconut
1-1/4 c. chopped nuts (may mix pecans, walnuts, almonds)
¾ c. honey
½ c. almond flour
1 stick butter, melted
2 egg whites, beaten

DIRECTIONS

1. Preheat oven to 325 degrees. Line 2 baking sheets with parchment paper.
2. Stir all ingredients together in a large bowl.
3. Divide mixture between prepared pans.
4. Bake about 25 minutes, stirring after 15 minutes.
5. Allow to cool completely, then break into chunks. Store in a jar to sprinkle onto yogurt or fruit. May be frozen for longer storage.

NOTES

For the Specific Carbohydrate Diet, be sure seeds are unsalted or just have salt and oil.