

Breakfast Crunch

1 cup (150 grams) raw almonds
1 cup (125 grams) pecans
1 cup (71 grams) unsweetened, dehydrated coconut flakes
1/4 cup (30 grams) pumpkin seeds
2 tablespoons (18.6 grams) flax seeds
2 tablespoons (20 grams) hemp seeds
1/2 teaspoon (3 grams) salt
1/2 teaspoon (1 gram) ground cloves
1 1/2 teaspoons (4 grams) cinnamon
1 teaspoon (4.2 grams) vanilla extract
1 large egg white - beaten until frothy
1/4 cup (52.25 grams) coconut oil

Heat your oven to 350F (176 C).

Spray a rimmed baking sheet with some spray oil.

Chop the almonds and pecans and place them in a bowl. Add the coconut, pumpkin seeds, flax seeds, hemp seeds, salt, ground cloves, cinnamon and vanilla extract. Mix well.

Add the beaten egg white and the coconut oil. Mix well, making sure to coat all of the nuts and seeds.

Spread the mixture onto the baking sheet in a thin layer.

Place into the oven for 20 minutes — until everything is toasted and crunchy. Remove from oven and cool down. Store in a sealed container in a dry cool place.

Enjoy this crunch as cereal with some low carb milk, such as almond or soy, or as a snack.

Calories 306.346 kcal, Fat, Total 28.622 g, Saturated Fat 9.823 g, Sugar, Total 1.623 g, Total Carbohydrate 8.389 g, Fiber 5 g, Protein 7.005 g, Cholesterol 0.000 mg, Trans Fatty Acid 0.000 g, Sodium 124.971 mg,