

## Breakfast Crunch

### Ingredients:

- **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

### Instructions:

1. **Preheat the oven:** Heat your oven to 350°F (176°C).
2. **Prepare the baking sheet:** Spray a rimmed baking sheet with some spray oil.
3. **Chop the nuts:** Chop the almonds and pecans and place them in a bowl.
4. **Mix dry ingredients:** Add the coconut flakes, pumpkin seeds, flax seeds, hemp seeds, salt, ground cloves, and cinnamon to the bowl. Mix well.
5. **Add wet ingredients:** Pour in the vanilla extract, beaten egg white, and coconut oil. Mix well, ensuring all the nuts and seeds are evenly coated.
6. **Spread on baking sheet:** Spread the mixture onto the prepared baking sheet in a thin layer.
7. **Bake:** Place in the oven and bake for 20 minutes, or until everything is toasted and crunchy.
8. **Cool and store:** Remove from the oven and allow the mixture to cool completely. Store in a sealed container in a dry, cool place.

### Serving Suggestions:

- Enjoy this crunch as a cereal with some low-carb milk, such as almond or soy milk.
- Alternatively, enjoy it as a snack on its own.

**Nutritional Information (Per Serving):**

- **Calories:** 306.346 kcal
- **Total Fat:** 28.622 g
- **Saturated Fat:** 9.823 g
- **Total Sugars:** 1.623 g
- **Total Carbohydrate:** 8.389 g
- **Dietary Fiber:** 5 g
- **Protein:** 7.005 g
- **Cholesterol:** 0 mg
- **Trans Fat:** 0 g
- **Sodium:** 124.971 mg

This recipe provides a delicious, nutritious, and low-carb option for breakfast or snacking.