

Chewy Keto Chocolate Chip Granola Bars

Hands-on 10 minutes Overall 40 minutes

Nutritional values (per serving, 1 bar): Total carbs: 13.6 g, Fiber: 7.4 g, **Net carbs: 6.2 g**,

Protein: 10.2 g, Fat: 32.9 g, Calories: 370 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 8 bars)

- 1 cup [macadamia nuts](#), roughly chopped (134 g/ 4.7 oz)
- 1 cup [almonds](#), roughly chopped (143 g/ 5 oz)
- 1/2 cup unsweetened [shredded coconut](#) (38 g/ 1.3 oz)
- 1/4 cup [chia seeds](#) (38 g/ 1.3 oz)
- 1/4 cup [almond butter](#), softened (63 g/ 2.2 oz)
- 1/2 cup [Allulose syrup](#) (120 ml/ 4 fl oz)
- 1 large egg
- 1 tsp [vanilla bean powder](#) or 2-3 tsp sugar-free [vanilla extract](#)
- 1/4 sea salt
- 1/3 cup [90% dark chocolate chips](#) or sugar-free chocolate chips or roughly chopped [dark chocolate](#) (60 g/ 2.1 oz)

Instructions

1. Preheat the oven to 140 °C/ 285 °F (fan assisted), or 160 °C/ 320 °F (conventional). If you're using almond butter from the fridge, gently heat up to soften. If you can't get Allulose syrup, check the tips in the post above to make your own.
2. Roughly chop the macadamias and almonds (cutting them in half will be enough).
3. To a mixing bowl add the chopped nuts, coconut, chia seeds, softened almond, allulose syrup, egg, vanilla powder (or 2-3 tsp sugar-free vanilla extract), salt and chocolate chips. (You can use chopped dark chocolate or sugar-free chocolate instead).
4. Use a spatula to mix until thick dough forms. Transfer the granola mixture into an 8 x 8 inch (20 x 20 cm) baking dish lined with parchment paper and spread evenly using a spatula.
5. Place in the oven and bake for 25 to 30 minutes, flipping the pan half way to ensure even baking. Remove from the oven and place on a cooling rack to cool down.
6. Once cool, use a sharp knife to cut into 8 bars.
7. Store at room temperature in a container for up to 5 days or

refrigerate for up to 2 week. You can also freeze these for up to 4 months.

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