

Homemade Roasted Nut & Seed Dukkah

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving, 1 tbsp/ 6 g): Total carbs: 1.4 g, Fiber: 0.6 g, **Net carbs: 0.7 g,**

Protein: 0.9 g, Fat: 2.5 g, Calories: 29 kcal,

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



Ingredients (makes about 3/4 cup)

- 1/4 cup [hazelnuts](#) (34 g/ 1.2 oz)
- 1/4 cup [pistachio nuts](#) (31 g/ 1.1 oz)
- 2 1/2 tbsp [sesame seeds](#) (23 g/ 0.8 oz)
- 2 tbsp cumin seeds (12 g/ 0.4 oz)
- 1 tbsp coriander seeds (5 g/ 0.2 oz)
- 1 tsp sea salt

Instructions

1. Prepare all the ingredients. You may want to use peeled hazelnuts instead of unpeeled as the skin tends to leave a slightly bitter aftertaste.
2. Add the nuts to a dry heavy skillet over medium heat and stir until fragrant, around 2-3 minutes. Remove from the pan and allow to cool completely.
3. Add the sesame seeds and whole spices and heat, stirring, until fragrant and the sesame seeds have started to brown, around 2 mins. Remove from the pan and allow to cool completely.
4. Add the nuts, seeds and spices to a food processor and pulse a few times until the nuts have broken down and the mixture resembles coarse sand.
5. Store in an airtight container in the pantry for up to a month. Use in salads as a sprinkle or as a crust before frying any meat, fish or halloumi.

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