

Keto Chocolate Granola Clusters

Hands-on 15 minutes Overall 1 hour



Nutritional values (per serving, about 1/3 cup): Total carbs: 13.3 g, Fiber: 7.7 g,

Net carbs: 5.6 g, Protein: 9.7 g, Fat: 24.8 g, Calories: 302 kcal,

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

Ingredients (makes 12 servings, about 4 cups)

- 2/3 cup [flaked almonds](#) (60 g/ 2.1 oz)
- 1/2 cup roughly chopped cashews (70 g/ 2.5 oz)
- 1 1/2 cup [shredded coconut](#) or 2 cups [flaked coconut](#) (113 g/ 4 oz)
- 1 cup mixed seeds (128 g/ 4.5 oz) - *any seeds such as sunflower, sesame, pumpkin, flaxseed*
- 1/2 cup [almond flour](#) (50 g/ 1.8 oz)
- 1/3 cup [sugar-free maple flavored syrup](#) such as [Lakanto](#) or [Yacon Syrup](#) or any [Choc Zero syrups](#) (80 ml/ 2.7 fl oz)
- 1/2 cup [almond butter](#) or any nut or seeds butter (125 g/ 4.4 oz)
- 1/3 cup virgin [coconut oil](#) (75 g/ 2.6 oz)
- 1/4 cup raw [cacao powder](#) (22 g/ 0.8 oz)
- 1/4 cup hot water (60 ml/ 2 fl oz)
- 1/4 tsp sea salt

Instructions

1. Preheat the oven to 150 °C/ 300 °F (conventional), or 130 °C/ 265 °F (fan assisted). Mix the cacao and hot water and stir until a thick paste forms.
2. Mix in the nut butter, then the maple syrup and melted coconut oil. Add in the salt and stir until combined.
3. Add the nuts, seeds, coconut flakes and almond meal to a large bowl, and stir to combine.
4. Pour over the chocolate mixture, and stir to coat evenly. Spread over a lined baking tray and bake until the granola feels firm to touch, around 40-50 minutes.
5. Let cool completely on the tray before breaking it up — this will result in granola “chunks”. Store in a sealed container up to three weeks.
6. Eat on its own as a snack or serve with yogurt, coconut yogurt or unsweetened almond or cashew milk.

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