



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

## *Tribal Granola*

Yield: [number of servings]

Prep time: 30mins

Total time: 55mins

### *Ingredients*

- 1 cup raw almonds
- 1 cup raw pecans
- 1 cup raw walnuts (could sub hazelnuts, macadamia nuts)
- 1 cup unsweetened shredded coconut
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/3 chia seeds
- 1/2 cup smooth no sugar added almond butter (or nut butter of choice)
- 2 eggs whites
- 1.5 tsp vanilla extract
- 1 tsp salt - more if you prefer
- 1/2 tsp cinnamon (optional)

### *Directions*

Coarsely chop all nuts and half the seeds in food processor. Pulse, do not grind too long. Then transfer to large bowl and add the rest of seeds and dry ingredients.

In separate bowl whisk all wet ingredients and then add to dry. Mix well

Spread out on parchment lined baking sheet and press firmly.

Bake 350 for 25 mins.

Remove and let cool. Use hands to break apart. Store in airtight container.

### *Macronutrient Breakdown*