

Peanut Butter Granola



Makes approximately 4 $\frac{1}{2}$ cups

Ingredients:

- 1 $\frac{1}{2}$ cups unsweetened coconut flakes or chips
- 1 cup pumpkin seeds
- $\frac{1}{2}$ cup shelled sunflower seeds
- $\frac{3}{4}$ cup slivered almonds
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ cup granulated erythritol, such as Swerve

- 1/4 cup coconut oil, melted
- 1/3 cup natural peanut butter or almond butter

Instructions:

1. Preheat oven to 300°F. Spray a 9x12 baking pan with cooking spray.
2. In a large, microwave safe bowl, combine the sweetener, coconut oil, and peanut butter. Microwave on high for 30 seconds, then remove the mixture and stir. Microwave for another 30 seconds, and stir vigorously one more time, until all the ingredients are combined well.
3. Add the dry ingredients, and mix thoroughly. Spread the granola out on the prepared pan in a thin, even layer.
4. Bake for 15 minutes, and then remove the granola from the oven, stir very well, and spread into a thin layer once more. Bake for another 15 minutes, and then remove from the oven. Quickly stir the granola once more, and spread into a thin, even layer. Push down firmly with a spatula. Set aside and do not touch again until the granola is completely cool. If you refrigerate overnight, you can break it into bars.
5. Once the granola is cool, break it into chunks, and enjoy!

Notes:

- Toasted and salted nuts and seeds may be used.
- To achieve a more solid, bar-like texture, chill granola in the refrigerator for at least 30 minutes after baking.

Nutrition per 1/4 cup serving: Calories 185; Total Fat 16.9 g; Saturated Fat 7.6 g; Monounsaturated Fat 4.4 g; Polyunsaturated Fat 1.3 g; Total Carbohydrates 12.0 g; Dietary Fiber 2.8 g; Sugar Alcohols: 6.7 g; Sugars 1.1 g; Protein 5.2 g; Sodium 108 mg