

Peanut Butter Power Granola

Serves 12

INGREDIENTS

1½ cups almonds
1½ cups pecans
1 cup shredded coconut or almond flour
¼ cup sunflower seeds
1/3 cup artificial sweetener of choice*
1/3 cup vanilla whey protein powder
1/3 cup peanut butter
¼ cup butter
¼ cup water



DIRECTIONS

1. Preheat oven to 300°F and line a large rimmed baking sheet with parchment paper.
2. In a food processor, process almonds and pecans until they resemble coarse crumbs with some larger pieces. Transfer to a large bowl and stir in shredded coconut, sunflower seeds, sweetener, and vanilla protein powder.
3. In a microwave safe bowl, melt the peanut butter and butter together.
4. Pour melted peanut butter mixture over nut mixture and stir well, tossing lightly. Stir in water. Mixture will clump together.
5. Spread mixture evenly on prepared baking sheet and bake 30 minutes, stirring halfway through. Remove and let cool completely.

*Artificial sweeteners vary in sweetness, so you may need to adjust the quantity to taste.

NUTRITION INFORMATION PER SERVING

Calories: 218, Total Fat: 18g, Saturated Fat: 5g, Cholesterol: 10mg, Sodium: 214mg, Carbohydrate 13g, Fiber: 2g, Total Sugar: 9g, Protein: 4g

SOURCE <https://tcoyd.org/2018/05/peanut-butter-power-granola/>
