AMERICAN · SNACK · DESSERT

Keto Granola Bars with Nuts and Seeds

40 min · plus cooling | Makes 12 × 1 bar | 254 kcal a portion | Video 5:33 · All Day I Dream About Food

Gluten-free ingredients

Nuts, seeds and coconut bound with butter and erythritol instead of syrup: about 3 g net carbs and 5 g fibre a bar with no added sugar, and a good source of vitamin E.

Diet notes: Keto (2.9 g net carbs a serve).

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Ingredients 11 · MAKES 12 × 1 BAR

- [ ] 1 cup **unsweetened flaked coconut**
- [ ] 1 cup **raw almonds**
- [ ] ½ cup **raw pecans**
- [ ] ½ cup **raw pumpkin seeds**
- [ ] 2 tbsp **collagen peptides**
- [ ] ½ tsp **salt**
- [ ] ½ cup **butter**
- [ ] ⅓ cup **powdered erythritol sweetener** (Swerve)
- [ ] 2 tbsp **brown erythritol sweetener** (Swerve Brown)
- [ ] ½ tsp **vanilla extract**
- [ ] ⅓ cup **sugar-free mini chocolate chips**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Tree nuts, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the flaked coconut, almonds, pecans and pumpkin seeds in a food processor and pulse until they look like coarse crumbs with a few larger pieces. 1:00
2. Add the collagen and salt, pulse briefly to mix, and tip everything into a large bowl. 1:51
3. Melt the butter in a pan over medium heat with the powdered and brown sweeteners, stirring just until the sweetener dissolves — don't let it boil. Stir in the vanilla. 2:18
4. Pour the syrup over the nut mixture and toss until everything is well coated, then stir in the mini chocolate chips. 3:08
5. Line an 8 inch metal pan with baking paper hanging over the sides. Tip in the mixture and press it down very firmly and evenly with a flat-bottomed glass. 3:39
6. Bake at 300°F for 20–25 minutes, until golden brown on top. 4:19
7. Let the slab cool completely in the pan or it will crumble, then lift it out by the paper and cut in half lengthwise and six across to make 12 bars. 4:28

> **Tip** Use an erythritol-based sweetener: the cook found allulose made the bars too soft to hold together. Sliced almonds can replace the coconut and sunflower seeds the pumpkin seeds.

The method is a summary in our words — the video shows every step.

One portion (1 bar) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
254 kcal	6.3 g	7.6 g	4.7 g	24 g	100 mg
1,060 kJ	13% of a day	2.9 g net · 1.2 g sugars	17% of a day	10 g saturated	5% of a day
		3% of a day		31% of a day	

Energy from net carbs 5% · protein 10% · fat 85% — fits keto: 2.9 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 23%

Source of (10–19%) Magnesium 19% · Zinc 11%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=p0Z1j4O5FPg, published 26 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-nut-seed-granola-bars