



KETO GRANOLA CRUNCH BOMBS

INGREDIENTS

- 3 cups Mixed Nuts
- ¾ cup Coconut Oil
- 1 cup Unsweetened Shredded Coconut
- 2 teaspoons Chia Seeds
- ¼ cup Hulled Flaxseed
- ½ cup Sunflower Seeds
- 1 cup Pumpkin Seeds
- 2 scoops Ketologie Vanilla Shake Mix
- ¼ cup Nut/Seed Butter Unsweetened
- 3 oz. Unsweetened Bakers Chocolate
- 1 tbsp a Ketologie Sweet like Sugar
- ½ tsp Ground Cinnamon

INSTRUCTIONS

Microwave coconut oil and nut butter for about 45 seconds in a microwave safe container until softened.

Chop the mixed nuts and pumpkin seeds by hand or pulse in a food processor. Nuts should be uniform in size as close as possible. Hand chop bakers chocolate into uniform chunks similar size to mixed nuts.

Combine all ingredients in a mixing bowl and fold together using a spatula until mixture is completely coated.

Using a ¼ cup measuring cup scoop out loosely packed portions into a silicone muffin pan or use cupcake wrappers. Make sure to stir often so coconut oil doesn't settle at the bottom.

Chill in freezer for about 30 minutes before eating. Portion into plastic bags and store in freezer long term. Short term the granola bombs will be fine in the fridge.

Nutrition Facts	
Ultimate Granola Crunch Bomb	
Amount Per Serving	
Calories 247	Calories from Fat 207
	% Daily Value*
Fat 23g	35%
Saturated Fat 10g	63%
Sodium 5mg	0%
Potassium 207mg	6%
Carbohydrates 6g	2%
Fiber 4g	17%
Sugar 1g	1%
Protein 6g	12%
Vitamin A 2IU	0%
Vitamin C 1mg	1%
Calcium 37mg	4%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	