



Keto Granola Bars Recipe

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These easy keto granola bars are sweet, salty, and delicious. Chockfull of healthy nuts and seeds, they're one of my favorite keto snacks!

Course	Snack
Cuisine	American
Keyword	keto granola bars

Prep Time 15 minutes

Cook Time 25 minutes

Total Time 40 minutes

Servings 12 bars

Calories 269kcal

Ingredients

- 1 cup flaked coconut
- 1 cup raw almonds
- 1/2 cup raw pecan halves
- 1/2 cup shelled pumpkin seeds or sunflower seeds
- 2 tbsp grassfed collagen
- 1/2 tsp salt
- 1/2 cup butter
- 1/3 cup powdered Swerve Sweetener
- 2 tbsp Swerve Brown
- 1/2 tsp vanilla extract
- 1/3 cup dark chocolate chips, sugar-free (optional)

Instructions

1. Preheat the oven to 300F and line an 8x8 inch metal pan with parchment paper (with a little of the parchment overhanging the sides for easy removal).
2. In a food processor, combine the coconut, almonds, pecans, and pumpkin seeds. Process on high until the mixture resembles coarse crumbs in texture.
3. Add the collagen and salt, and pulse a few times to combine, then transfer the mixture to a large mixing bowl.
4. In a medium saucepan over low heat, melt the butter with the sweeteners, whisking until they dissolve. Stir in the vanilla extract.
5. Stir the butter mixture into the nut mixture until thoroughly combined, then stir in the chocolate chips, if using. Transfer to the prepared baking pan.
6. Press evenly into the bottom of the prepared baking pan. Use a flat-bottomed glass or measuring cup to really press it down and compact it as much as possible.
7. Bake 20 to 25 minutes, or until the edges are turning golden brown. Let cool completely in the pan and then lift them out by the parchment. Use a very sharp knife and cut them into

bars (cutting straight down works much better than sawing away at them).

Nutrition

Serving: 1 granola bar | Calories: 269kcal | Carbohydrates: 7g | Protein: 7.5g | Fat: 23.8g | Cholesterol: 15mg | Fiber: 4.4g

By Carolyn Ketchum of All Day I Dream About Food