

Homemade Low-Carb Nutty Granola

The Body Nurse – “You Can Bake It” Series



A versatile, crunchy granola that’s perfect for meal prep and long-term storage. Customise the sweetness to suit your goals and enjoy it as a snack, breakfast, or dessert topping.

Servings

Makes 8 servings (*approx. 50g per serve*)

To double:

Double all ingredients and use two trays to keep it evenly spread for proper crunch.

Ingredients

- 1 cup almonds, roughly chopped
- 1 cup pecans, roughly chopped
- ½ cup walnuts, roughly chopped
- ½ cup sunflower seeds
- ½ cup shredded coconut flakes

- ¼ cup coconut oil, melted
 - 2–3 tbsp real maple syrup (*use 2 tbsp for stricter low-carb*)
or 2–3 tbsp honey (*for natural sweetness*)
 - Optional: ½ tsp vanilla extract
 - 2 tsp cinnamon
 - ½ tsp sea salt
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Instructions


1. **Preheat oven** to 165°C (325°F).
 2. **Mix dry ingredients**
Combine almonds, pecans, walnuts, sunflower seeds, and coconut flakes in a large bowl.
 3. **Prepare wet mixture**
Gently warm coconut oil, maple syrup or honey, cinnamon, and vanilla (if using) until combined.
 4. **Combine**
Pour over dry ingredients and mix until evenly coated.
 5. **Form clusters**
Spread onto a lined baking tray and press down firmly with a spatula.
 6. **Bake**
Bake for 8–10 minutes, stirring halfway, until golden (not burnt).
 7. **Cool completely**
Allow to cool fully before breaking into chunky clusters.
 8. **Store**
Keep in an airtight container for up to 2 weeks.
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Nutrition (per serving ~50g)

- Calories: ~300 kcal
 - Protein: ~10g
 - Fat: ~25g
 - Net Carbs: ~5g
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Sugar Per Serving (~50g)

- Maple syrup (2 tbsp): ~3g sugar
- Maple syrup (3 tbsp): ~4.5g sugar
- Honey (2 tbsp): ~4–4.5g sugar
- Honey (3 tbsp): ~6–6.5g sugar

 Honey contains slightly more sugar than maple syrup

Serving Suggestions

Granola + Greek Yogurt + Berries

½ cup granola + ½ cup full cream Greek yogurt + ½ cup mixed berries

- Calories: ~400 kcal
- Protein: ~15g
- Fat: ~25g
- Net Carbs: ~10g

Sugar:

- Maple version: ~10–14g
 - Honey version: ~12–16g
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Granola + Full Cream Milk

½ cup granola + ½ cup full cream milk

- Calories: ~350 kcal
- Protein: ~12g
- Fat: ~28g
- Net Carbs: ~9g

Sugar:

- Maple version: ~9–10.5g
 - Honey version: ~10–12g
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Dessert Topping

Sprinkle over sugar-free pudding or yogurt parfait, or enjoy with Greek yogurt on its own.

Body Nurse Tips

- Use **2 tbsp maple syrup** for stricter low-carb
 - Pressing the mixture firmly helps create chunky clusters
 - Let it cool fully — this is what gives it crunch
 - Great for meal prep and quick grab-and-go snacks
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Why This Works

A simple, real-food granola that's high in healthy fats, lower in carbs, and completely customisable — giving you a satisfying option without the sugar crash.