

Low-Carb Protein Granola



Finally, a grain-free granola that isn't too sweet! Thanks to textured vegetable protein (TVP), it's wonderfully crunchy and high in protein, keeping you fueled for a long time.

Plus, with only 9g of carbohydrates per serving, it's a perfect fit for those with diabetes—enjoy it in yogurt with some fruit for a complete breakfast without worrying about your blood sugar.

And there's more: it also contains 2.6mg of iron per serving, which is 18% of your daily needs, per serving of 125 ml (½ cup).

Preparation 5 min

Cooking 18 min

Servings 16

Nutrition Facts (per serving)

Calories 210

Fat 15

Carbohydrates 9

Fibre 5

Protein 13

Sodium 10

Ingredients

- 500 ml (2 cups) textured vegetable protein (TVP)
- 250 ml (1 cup) raw unsalted almonds, coarsely chopped

- 125 ml (½ cup) unsalted roasted shelled pistachios, coarsely chopped
- 60 ml (¼ cup) unsweetened shredded coconut
- 60 ml (¼ cup) chia seeds
- 15 ml (1 tbsp) ground flaxseed
- 5 ml (1 tsp) ground cinnamon
- 60 ml (¼ cup) egg whites
- 5 ml (1 tsp) vanilla extract

Preparation

1. Preheat oven to 325°F (160°C).
2. In a large bowl, mix all the dry ingredients together. Stir in the egg whites and vanilla extract.
3. Spread the mixture on a baking sheet lined with a silicone mat or parchment paper.
4. Bake for 18 minutes, stirring every 5 minutes. Allow to cool completely.

Notes

Keeps for 4 days at room temperature or 1 month in the refrigerator in an airtight container. Do not freeze.



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