

## Chocolate Granola

Makes 2 bags at 300g min net weight  
Shelf life: 9 months at ambient

### Ingredients

- 150g peanut butter \*
- 140g macadamia nuts
- 90g sunflower seeds
- 90g pumpkin seeds
- 20g linseeds
- 70g coconut flakes
- 2 pinches of salt
- 60g sesame seeds
- 20g cacao
- 20g cacao/cocoa nibs
- 40g choc chips
- 40g erythritol (test a batch with sweetener and test one without)



\*Any brand of peanut butter may be used but peanuts must be the only ingredient. If the peanut butter doesn't pour easily then place the jar in some warm water to loosen it.

### Method

Pre-heat oven to 180 degrees, line a baking tray.

If using whole macadamia nuts, roughly chop into halves or quarters.

Weigh all ingredients into the Thermomix bowl and mix on reverse speed 3 for 15 seconds, using the spatula to push the mixture down and help it to combine, if needed. Or weigh all ingredients except peanut butter into a large mixing bowl and stir to combine. Pour in peanut butter and stir to combine again.

Spread mixture onto the baking tray and distribute evenly.

Bake for 10-20 mins until golden. Rotate the mixture around on the tray halfway through baking so that the granola cooks evenly.

Allow the granola to completely cool before packing.

Stamp the product back labels with the date stamp 9 month from today. Stick the front and back labels on the 500g pouches.

Pour at least 360g of granola into each pouch. (A 500g pouch weighs 20g so the total weight should be at least 380g). Seal the pouches using your heat sealer.

# Primal Alternative



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*Serving size is 60g. 6.2g carbs per serve. 3.1g sugars without erythritol*

*5.9g carbs per serve. 3.0g sugars with erythritol (lower as the weight of the erythritol means less overall carbs per serve as erythritol has zero carbs/sugars.)*