



*Low Carb Diabetes Association*

Low Carb Diabetes Association  
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## **Grace's Great Granola**

From "Ultimate Cookbook" from [www.healthsolutions.com](http://www.healthsolutions.com)

### **Ingredients:**

- \* 4.5 cups almond/pecan/macadamia flour/etc
- \* 1 cup unsweetened alternative milk
- \* ½ cup of ground flaxseed powder
- \* ½ cup of oil (coconut)
- \* 2 cups of nuts of your choice
- \* 1 tsp salt
- \* 1 tsp Frontier alcohol free vanilla
- \* 8 scoops of KAL stevia powder or other sweetener powder
- \* Optional: Unsweetened Coconut Flakes—1-2 cups

### **Directions:**

1. Preheat oven to 350 degrees
2. Mix all of the above ingredients in a bowl
3. Lightly grease a pan with enough space to lay the granola down in a very thin layer
4. Pat the dough to evenly distribute it
5. Cook in oven for 20 minutes, then take out and use a pancake flipper to flip over the granola and break into bite-sized pieces
6. Cook for 20 more minutes, then take out of oven and let cool
7. Store in fridge in airtight container
8. Add unsweetened milk or perhaps (if your blood sugars allow), low carb high protein yogurt.