



Crunchy Granola Nut Brittle

Break the granola into chunks

1 cup pecans, coarsely chopped
1/4 cup shelled sunflower seeds
1/4 cup pumpkin seeds
1/4 cup almond flour
1/4 teaspoon cinnamon
1/4 teaspoon salt
2 Tablespoons honey
1 Tablespoon butter, melted
1 Tablespoon avocado oil
1 egg white

- Preheat oven to 300 degrees F; line a rimmed baking sheet with parchment paper; set aside.
- Add first 6 ingredients into a medium bowl.
- In a small bowl, stir honey, melted butter, and avocado oil; pour over the dry ingredients; mix to cover all ingredients,
- Whip the egg white until fluffy; stir into the nut mixture to coat.

- Pour the batter onto parchment lined baking sheet smooth out evenly into a single layer.
- Bake in preheated oven for about 20 minutes or until golden brown with slightly darker edges. Allow to completely cool; then break up into desired sized pieces. Serves: 4 (about 1/3 cup each) To Store: Place in airtight container

Cook's Note: Substitute your favorite nuts or seeds.

About the Recipe: A nutty granola is tossed with light honey and cinnamon, creating healthy nut and seeds chunks, that can be broken apart into desired pieces for serving. They almost taste like little cookies.