



Keto Nut and Seed Granola with Berries

Brought to you by Rec Van

Ingredients for a Small Serving:

1/3 cup	NuTrail Keto Nut Granola – “Blueberry Cinnamon” or another flavor (or an alternate brand of keto nut granola)
1/2 tsp	Chia Seeds
1/2 tsp	Whole Flax Seeds
2 tsp	Wide Sliced Coconut, unsweetened
1/4 cup	Blueberries, thawed frozen or fresh
1/2 cup	Raspberries, thawed frozen or fresh
6-8	Blackberries, fresh
1/2 cup	Unsweetened Almond Milk (or less to your taste)

Ingredients for a Large Serving:

2/3 cup	NuTrail Keto Nut Granola – “Blueberry Cinnamon” or another flavor (or an alternate brand of keto nut granola)
1 tsp	Chia Seeds
1 tsp	Whole Flax Seeds
1 Tbsp	Wide Sliced Coconut, unsweetened
1/4 cup	Blueberries, thawed frozen or fresh
1/2 cup	Raspberries, thawed frozen or fresh
6-8	Blackberries, fresh
3/4 cup	Unsweetened Almond Milk (or less to your taste)

* Other Berry Options: Use 3/4 cup of a three-berry blend of raspberries, blueberries, and blackberries instead of just blueberries and raspberries. Costco sells a 4 lb. bag of Kirkland Signature Three Berry Blend frozen berries that is value-priced and delicious. Trader Joe’s also sells bags of a frozen three berry blend.

* Other Unsweetened Milk Options: Macadamia nut milk, cashew milk, soy milk, coconut milk and flax milk. Just make sure there are no added sugars in the milk you choose.

Instructions (step-by-step):

1. In a cereal bowl, use a 1/3 measuring cup to portion out your keto granola into the bowl.
2. Add the blueberries and raspberries (thawed frozen or fresh).
3. Add coconut.
4. Add chia seeds and flax seeds.
5. Add any fresh finishing berries on top.
6. Pour on your desired amount of almond milk.

Start-to-Finish Time: 5 minutes

Get Cookin' RV STYLE

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Cooking Tools Needed:

- 1 small or medium bowl
- 1/3 cup size measuring cup
- 1 tsp or 1/2 tsp size measuring spoon
- 1 Tablespoon size measuring spoon
- 1/4 cup size measuring cup

Some of the best Keto granola options available (as of July 2021):



Nutrition Facts:

Keto Nut and Seed Granola with Berries (NuTrail Brand)	
Thawed Frozen Wild Blueberries & Frozen Organic Raspberries (Large Serving)	
NET CARBS: 19g	
Nutrition Facts	
1 serving	
Serving size Large (2/3 cup)	
Amount per serving	
Calories	562
% Daily Value*	
Total Fat 40g	51%
Saturated Fat 14g	70%
Trans Fat 0g	
Polyunsaturated Fat 11g	
Monounsaturated Fat 11g	
Cholesterol 10mg	0%
Sodium 183mg	8%
Total Carbohydrate 48g	17%
Dietary Fiber 21g	75%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Sugar Alcohol 8g	
Protein 14g	28%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Keto Nut and Seed Granola with Berries (NuTrail Brand)	
Thawed Frozen Wild Blueberries & Frozen Organic Raspberries (Small Serving)	
NET CARBS: 15g	
Nutrition Facts	
1 serving	
Serving size Small (1/3 cup)	
Amount per serving	
Calories	335
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 7g	35%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 6g	
Cholesterol 5mg	0%
Sodium 113mg	5%
Total Carbohydrate 35g	13%
Dietary Fiber 16g	57%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Sugar Alcohol 4g	
Protein 8g	16%

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Keto Nut and Seed Granola with Berries (NuTrail Brand)	
Thawed Frozen Kirkland Signature Triple Berry Blend (Large Serving)	
NET CARBS: 16g	
Nutrition Facts	
1 serving	
Serving size Large (2/3 cup)	
Amount per serving	
Calories	527
% Daily Value*	
Total Fat 39g	50%
Saturated Fat 14g	70%
Trans Fat 0g	
Polyunsaturated Fat 11g	
Monounsaturated Fat 11g	
Cholesterol 10mg	0%
Sodium 181mg	8%
Total Carbohydrate 38g	14%
Dietary Fiber 15g	54%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Sugar Alcohol 8g	
Protein 14g	28%

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Keto Nut and Seed Granola with Berries (NuTrail Brand)
Thawed Frozen Kirkland Signature Triple Berry Blend (Small Serving)
NET CARBS: 9g

Nutrition Facts
1 serving
Serving size **Small (1/3 cup)**

Amount per serving
Calories 282

% Daily Value*

Total Fat 20g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 6g	
Cholesterol 5mg	0%
Sodium 110mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 8g	29%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Sugar Alcohol 4g	
Protein 7g	14%

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Keto Nut and Seed Granola with Berries (NuTrail Brand)
Fresh Organic Blueberries, Raspberries & Blackberries (Large Serving)
NET CARBS: 17g

Nutrition Facts
1 serving
Serving size **Large (2/3 cup)**

Amount per serving
Calories 549

% Daily Value*

Total Fat 40g	51%
Saturated Fat 14g	70%
Trans Fat 0g	
Polyunsaturated Fat 11g	
Monounsaturated Fat 11g	
Cholesterol 10mg	0%
Sodium 181mg	8%
Total Carbohydrate 44g	16%
Dietary Fiber 19g	68%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Sugar Alcohol 8g	
Protein 14g	28%

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Keto Nut and Seed Granola with Berries (NuTrail Brand)
Fresh Organic Blueberries, Raspberries & Blackberries (Small Serving)
NET CARBS: 14g

Nutrition Facts
1 serving
Serving size **Small (1/3 cup)**

Amount per serving
Calories 322

% Daily Value*

Total Fat 21g	27%
Saturated Fat 7g	35%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 6g	
Cholesterol 5mg	0%
Sodium 111mg	5%
Total Carbohydrate 31g	11%
Dietary Fiber 13g	46%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Sugar Alcohol 4g	
Protein 8g	16%

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