

# Peanut Butter Craisin Granola



**Plan Z Phase:** This is a Z3.5 (ZReboot 3.5) recipe. Craving breakfast cereal? Try this instead! Have it with unsweetened coconut milk.

Also makes a YUMMY parfait. To do that...put a  $\frac{1}{2}$  cup of unsweetened yogurt in a bowl or large glass. Stir in one teaspoon of Truvia to sweeten it. Then mix in or layer the granola.

**Servings:** Notice this is 10 servings; a half cup each. (about nine grams per serving of carbs). That's not bad. Just take it easy and don't eat it too often. This batch should last a good week if kept tightly sealed. You can freeze it in little batches too so it will last longer.

## Ingredients

- 1-1/2 cups cashews
- 1-1/2 cups pecans
- 1 cup flax seed meal (you can get this in the grocery store. Look for Bob's Mill brand)
- 1/4 cup chia seeds (these are really good for preventing cancer. Order on line or get in health food stores)
- 1/3 cup vanilla whey protein powder (we order this online

and use it in smoothies too. Keeps you full all morning)

- 1/3 cup peanut butter
- 1/4 cup butter
- 1/4 cup granulated erythritol (I use ZSweet. You can order this online too or it is in some stores)
- 5 – 8 drops of liquid stevia (most stores have this now)
- $\frac{3}{4}$  cup of raisins
- 1/4 cup water

### **Instructions:**

Preheat oven to 300 degrees Fahrenheit and line a large rimmed baking sheet with parchment paper.

In a food processor, process cashews and pecans until they resemble coarse crumbs with some larger pieces. Transfer to a large bowl and stir in flax seed meal, chia seeds and vanilla protein powder.

In a small saucepan over low heat, melt peanut butter, butter and erythritol together until smooth. Remove from heat and stir in stevia extract.

Pour peanut butter mixture over nut mixture and stir well, tossing lightly. Stir in water. Mixture will clump together.

Spread mixture evenly on prepared baking sheet and bake 20 minutes, until golden and beginning to crisp. Turn off oven and let sit for another 20 minutes and then break up. Store in a container with a tight lid.

Enjoy!

Cheers,