



Healthy Keto with Jim Colbourne

Chocolate Cluster Nut/Seed Bar

Size of Bars

2g NET Carbs 11x7 Dish (Low Carb Keto)

1g NET Carbs Silicone Mold (Low Carb Keto)



This very Rich Chocolate Cluster Nut/Seed Bar is as Delicious as any high sugar store bought chocolate bars on the market. The only catch is this recipe is low carb keto friendly. Easy and simple recipe, keep frozen and enjoy whenever the craving hits you.

Ingredients

1 cup of nuts (I used Walnuts)

$\frac{3}{4}$ cup Almonds

$\frac{1}{4}$ cup sunflower seeds

1 $\frac{1}{2}$ cups dark chocolate chips (Lilys)

Serving Size using 11x7 dish : 18 bars - 1 serving
Calories: 159 / Fat: 15 / Carbohydrates: 8 / Fiber: 6 / Protein: 3
If using Silicon Molds 38 bars- 1 serving Half the Macros

1 cup nut butter (I used almond butter)

3 Tbsp coconut oil

$\frac{1}{3}$ cup Monkfruit or Stevia

Sprinkle top with Salt

Links of Ingredients can be found in the description of Video

Instructions:

1. Add the crush nuts to a medium-sized bowl.
2. In a larger bowl and add your Lily chocolate chips, nut butter, and coconut oil. Mix together until they just start to combine.
3. Microwave for 45 second intervals, mixing between intervals until the chocolate chips have melted and incorporated with the other ingredients.
4. Add Sweetener to the bowl of chocolate and add in your crushed-up nuts. Mix until all the ingredients are well combined.
5. Use a 11x7 baking dish and add a little bit of water to the bottom of the dish. Then add a piece of parchment paper, the water will help keep the parchment paper in place.
6. Pour the mixture into the dish and smooth it out as much as you can, sprinkle coarse salt over the top of the bars. Freeze for 1 hour or until the chocolate has set.
7. Once frozen, cut into 16-18 pieces.
8. Keep frozen and enjoy.

