

KETO "BREAD" CRUMBS

INGREDIENTS

1 cup cashews

1 cup almonds

1/4 cup almond flour

1 tsp garlic sea salt

1 tsp onion powder

1 tsp parsley

1/2 tsp sea salt

1/2 tsp pepper

*add 1 tsp paprika and 1 tsp chili powder for spicy version

*can substitute any nuts of choice

PROCEDURE

Combine all ingredients (minus the almond flour) in a flour processor until it reaches a flour like consistency.

Mix in almond flour with a fork.

Store in an airtight container for future use.