



A Better Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup agave syrup
- ☐ 1.5 cups coconut shavings
- ☐ 0.3 cup coconut oil warmed
- ☐ 1 cup cherries dried
- ☐ 1 large egg white
- ☐ 0.5 teaspoons ground cinnamon
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons brown sugar light packed ()

- ☐ 1.5 cups nuts chopped (such as almonds, pistachios, pecans, or walnuts)
- ☐ 3 cups old-fashioned oats
- ☐ 0.3 cup sesame seed

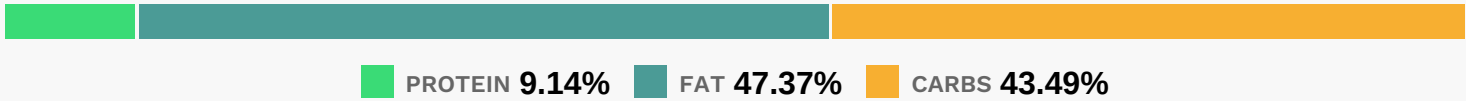
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 300°F.
- ☐ Combine 1 large beaten egg white, 3 cups old-fashioned oats, 1 1/2 cups chopped nuts (such as almonds, pistachios, pecans, or walnuts), 1 1/2 cups coconut shavings, 1/2 cup agave syrup, 1/4 cup olive oil or warmed coconut oil, 1/4 cup sesame seeds, 2 tablespoons (packed) light brown sugar, 1 1/2 teaspoons kosher salt, and 1/2 teaspoons ground cinnamon in a large bowl; toss to combine.
- ☐ Spread out on a rimmed baking sheet.
- ☐ Bake granola, stirring every 10 minutes, until golden brown and dry, 40–45 minutes.
- ☐ Let cool on baking sheet (it will crisp as it cools).
- ☐ Mix in 1 cup dried cherries or cranberries.
- ☐ DO AHEAD: Granola can be made 2 weeks ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:6.39, Inflammation Score:-5, Nutrition Score:11.375652097166%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg

0.13mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 324.14kcal (16.21%), Fat: 17.75g (27.31%), Saturated Fat: 8.01g (50.09%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 30.75g (11.18%), Sugar: 15.43g (17.15%), Cholesterol: 0mg (0%), Sodium: 301.51mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Manganese: 1.16mg (58.23%), Fiber: 5.91g (23.65%), Copper: 0.45mg (22.65%), Phosphorus: 190.04mg (19%), Vitamin B1: 0.27mg (17.98%), Vitamin B6: 0.33mg (16.71%), Magnesium: 61.38mg (15.34%), Selenium: 9.75µg (13.93%), Iron: 2.36mg (13.12%), Zinc: 1.43mg (9.56%), Vitamin A: 422.92IU (8.46%), Potassium: 289.13mg (8.26%), Calcium: 70.65mg (7.06%), Folate: 22.84µg (5.71%), Vitamin B2: 0.09mg (5.47%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.35mg (3.47%), Vitamin B3: 0.69mg (3.46%), Vitamin C: 2.75mg (3.34%), Vitamin K: 2.54µg (2.42%)