



## Almond Maple Granola

 Vegetarian  Vegan  Dairy Free

READY IN



95 min.

SERVINGS



12

CALORIES



504 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup blanched slivered almonds
- 14 ounce coconut or flaked
- 6 tablespoons brown sugar dark packed
- 6 tablespoons maple syrup pure
- 1 cup raisins
- 3 cups rolled oats
- 0.5 teaspoon salt
- 0.3 cup sunflower seeds unsalted

- 0.3 cup vegetable oil
- 2 tablespoons warm water
- 0.3 cup wheat germ

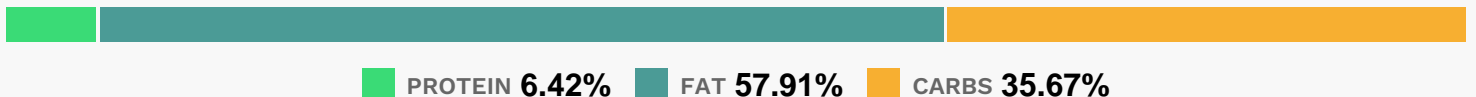
## Equipment

- bowl
- baking sheet
- oven
- whisk
- cake form

## Directions

- Preheat the oven to 250 degrees F (120 degrees C). Lightly grease a cookie sheet with sides, or a large cake pan with cooking spray.
- In a large bowl, toss together the oats, almonds, wheat germ, coconut, and sunflower seeds. In a separate bowl, whisk together the maple syrup, brown sugar, oil, water and salt.
- Pour the liquid over the oat and nut mixture, and stir until evenly coated.
- Spread out on the prepared cookie sheet. If you want some chunky bits, squeeze some small handfuls into little clumps.
- Bake for 1 hour and 15 minutes in the preheated oven, stirring occasionally until evenly toasted.
- Mix in raisins. Cool, and store in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:12.94, Glycemic Load:12.31, Inflammation Score:-5, Nutrition Score:17.273478292415%

## Nutrients (% of daily need)

Calories: 504.29kcal (25.21%), Fat: 34.15g (52.53%), Saturated Fat: 20.43g (127.66%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 37.53g (13.65%), Sugar: 14.96g (16.62%), Cholesterol: 0mg (0%), Sodium: 118.77mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.03%), Manganese: 2.47mg (123.32%), Fiber: 9.79g (39.15%), Copper: 0.56mg (28.04%), Vitamin E: 4.05mg (26.99%), Magnesium: 105.98mg (26.49%), Phosphorus: 248.57mg (24.86%), Selenium: 16.28µg (23.26%), Vitamin B2: 0.3mg (17.8%), Vitamin B1: 0.25mg (16.71%), Iron: 2.97mg (16.49%), Zinc: 2.24mg (14.96%), Potassium: 487.85mg (13.94%), Vitamin B6: 0.24mg (11.81%), Vitamin K: 8.86µg (8.44%), Folate: 29.48µg (7.37%), Vitamin B3: 1.36mg (6.82%), Calcium: 63.62mg (6.36%), Vitamin B5: 0.63mg (6.29%), Vitamin C: 1.2mg (1.46%)