



## Almond Maple Granola



Vegetarian



Vegan



Dairy Free

READY IN



95 min.

SERVINGS



12

CALORIES



483 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 vegetable oil

- ☐ 2 tablespoons warm water
- ☐ 0.3 cup wheat germ

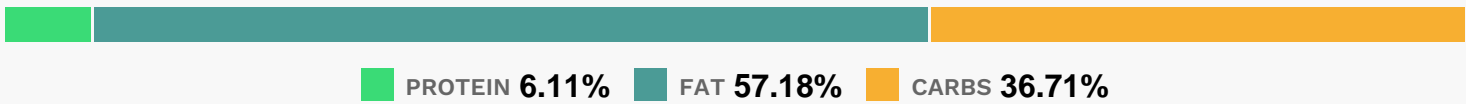
## Equipment

- ☐ 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:11.27, Glycemic Load:12.22, Inflammation Score:-4, Nutrition Score:15.703913041188%

## Nutrients (% of daily need)

Calories: 482.56kcal (24.13%), Fat: 32.23g (49.59%), Saturated Fat: 20.26g (126.62%), Carbohydrates: 46.57g (15.52%), Net Carbohydrates: 37.1g (13.49%), Sugar: 14.86g (16.51%), Cholesterol: 0mg (0%), Sodium: 118.43mg

(5.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Manganese: 2.39mg (119.69%), Fiber: 9.47g (37.87%), Copper: 0.49mg (24.69%), Magnesium: 93.88mg (23.47%), Phosphorus: 224.01mg (22.4%), Selenium: 14.31µg (20.44%), Vitamin E: 2.74mg (18.26%), Vitamin B2: 0.29mg (17.03%), Iron: 2.77mg (15.41%), Zinc: 2.06mg (13.72%), Potassium: 463.84mg (13.25%), Vitamin B1: 0.2mg (13.03%), Vitamin B6: 0.19mg (9.31%), Vitamin K: 8.86µg (8.44%), Calcium: 60.71mg (6.07%), Vitamin B5: 0.59mg (5.87%), Vitamin B3: 1.05mg (5.27%), Folate: 21.03µg (5.26%), Vitamin C: 1.15mg (1.39%)