



Almond Maple Granola

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



412 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon almond extract pure
- ☐ 1 cup natural almonds sliced
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup maple syrup pure
- ☐ 4 cups grain flakes mixed whole such as oat, kamut, barley and wheat organic
- ☐ 1 pinch salt

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted cold cut into 6 pieces
- ☐ 1 teaspoon vanilla extract pure

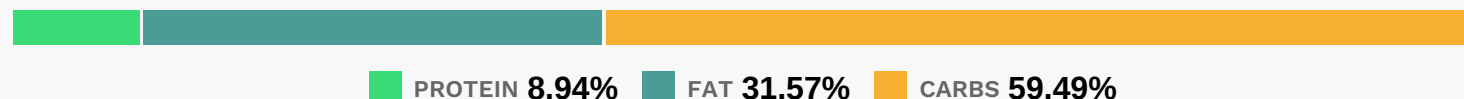
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Combine the whole grain flakes with the almonds on a large rimmed baking sheet.
- ☐ Spread in an even layer and toast for about 10 minutes, stirring once, until light golden.
- ☐ Transfer the grain mixture to a large bowl. Leave the oven on. Coat the warm baking sheet with 1 teaspoon of the butter.
- ☐ In a mini processor, combine the remaining 1 tablespoon plus 2 teaspoons of butter with the flour, sugar and salt and pulse until the mixture resembles coarse crumbs. Or, pinch the ingredients together with your fingers.
- ☐ Add the crumbs to the grain mixture and toss. In a small pitcher, combine the maple syrup with the vanilla and almond extracts.
- ☐ Pour over the grain mixture and stir until the grains are evenly moistened.
- ☐ Spread the granola on the buttered baking sheet in an even layer and toast for 12 to 14 minutes, stirring once, until golden and dry.
- ☐ Let cool completely then stir in the raisins and cranberries.
- ☐ ONE HALF-CUP Calories 186 kcal, Total Fat 2 gm, Saturated Fat 4 gm
- ☐ Make Ahead: The granola can be kept in an airtight container for up to 2 weeks or frozen for 2 months.

Nutrition Facts



Properties

Glycemic Index:31.03, Glycemic Load:11.59, Inflammation Score:-3, Nutrition Score:9.95478276876%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 411.75kcal (20.59%), Fat: 14.9g (22.92%), Saturated Fat: 3g (18.74%), Carbohydrates: 63.18g (21.06%), Net Carbohydrates: 55.13g (20.05%), Sugar: 22.78g (25.31%), Cholesterol: 7.53mg (2.51%), Sodium: 8.26mg (0.36%), Alcohol: 0.26g (100%), Alcohol %: 0.31% (100%), Protein: 9.49g (18.99%), Manganese: 0.79mg (39.68%), Fiber: 8.05g (32.22%), Vitamin E: 4.83mg (32.2%), Vitamin B2: 0.42mg (24.43%), Iron: 2.84mg (15.76%), Magnesium: 55.57mg (13.89%), Copper: 0.23mg (11.44%), Phosphorus: 102.11mg (10.21%), Potassium: 357.52mg (10.21%), Calcium: 87.73mg (8.77%), Vitamin B1: 0.08mg (5.21%), Vitamin B3: 1.04mg (5.19%), Zinc: 0.72mg (4.8%), Folate: 15.39µg (3.85%), Selenium: 2.22µg (3.17%), Vitamin B6: 0.06mg (2.93%), Vitamin A: 87.64IU (1.75%), Vitamin B5: 0.13mg (1.34%), Vitamin K: 1.15µg (1.09%)