



Applesauce & Agave Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup agave syrup light (or another type syrup)
- ☐ 1 teaspoon cinnamon
- ☐ 1 tablespoon coconut oil
- ☐ 0.5 teaspoon ginger
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar dark light packed
- ☐ 0.3 cup oat bran

- ☐ 8 ounces old fashioned oats
- ☐ 1 cup walnuts and/or pecans coarsely chopped
- ☐ 0.3 cup pumpkin seed kernels (pepitas)
- ☐ 0.3 cup raisins
- ☐ 0.3 cup sesame seed
- ☐ 0.5 cup sunflower seeds
- ☐ 0.5 cup apple sauce unsweetened

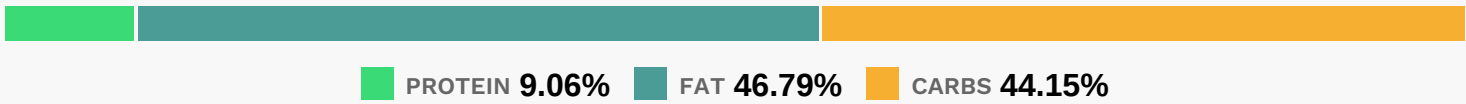
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F. Line a large rimmed baking sheet with nonstick foil or parchment paper.In a large bowl, mix together oats, oat bran, nuts, sunflower seeds, sesame seeds, pumpkin seeds, brown sugar, cinnamon, ginger and salt.To the oat mixture, add the applesauce, agave, honey, and coconut oil. Stir well.
- ☐ Spread the mixture on the prepared baking sheet and bake for about 30 to 33 minutes, stirring every 10-12 minutes, until the granola is a golden brown.
- ☐ Remove from oven and let cool completely. It should crisp as it cools.

Nutrition Facts



Properties

Glycemic Index:56.26, Glycemic Load:16.65, Inflammation Score:-7, Nutrition Score:21.834347566833%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg, Epigallocatechin 3–gallate: 0.38mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 492.54kcal (24.63%), Fat: 27.28g (41.97%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 57.93g (19.31%), Net Carbohydrates: 48.92g (17.79%), Sugar: 16.36g (18.17%), Cholesterol: 0mg (0%), Sodium: 202.48mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Manganese: 2.98mg (149.01%), Copper: 0.89mg (44.67%), Magnesium: 161.72mg (40.43%), Vitamin B1: 0.59mg (39.26%), Phosphorus: 390.99mg (39.1%), Fiber: 9.01g (36.03%), Selenium: 22.48µg (32.12%), Vitamin E: 4.57mg (30.5%), Iron: 4.36mg (24.24%), Zinc: 3.57mg (23.79%), Vitamin B6: 0.33mg (16.47%), Folate: 55.03µg (13.76%), Potassium: 446.81mg (12.77%), Calcium: 115.18mg (11.52%), Vitamin B2: 0.19mg (11.04%), Vitamin B3: 2.19mg (10.97%), Vitamin B5: 0.81mg (8.11%), Vitamin K: 3.97µg (3.78%), Vitamin C: 2.62mg (3.18%)