

Breakfast Granola

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



351 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup canola oil
- 1 cup coconut flakes flaked
- 1 cup dates chopped
- 16 servings fruit fresh
- 0.3 cup blackstrap molasses
- 1 cup nuts chopped
- 0.8 cup oat bran uncooked
- 4 cups rolled oats

- 1 cup raisins
- 1 teaspoon vanilla extract

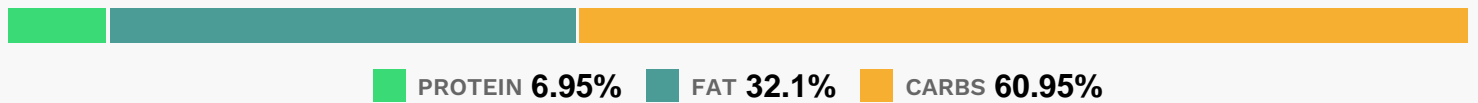
Equipment

- sauce pan
- oven
- baking pan

Directions

- Spread rolled oats on a 15-in. x 10-in. baking pan.
- Bake at 350° for 5 minutes. Stir; bake 5 minutes longer or until toasted. Meanwhile, combine honey and oil in a small saucepan. Cook and stir over medium heat for 2–3 minutes or until heated through.
- Remove from the heat; stir in extract.
- Remove oats from oven; toss with nuts, bran and coconut.
- Pour hot honey mixture over oat mixture; toss well. Return to oven and bake 20–25 minutes, stirring every 6 minutes.
- Remove from oven. Stir in raisins and dates. Cool. Store in an airtight container.
- Serve with yogurt and fresh fruit of your choice if desired.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:15.99, Inflammation Score:-6, Nutrition Score:13.423478416775%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 351.48kcal (17.57%), Fat: 13.49g (20.75%), Saturated Fat: 4.25g (26.56%), Carbohydrates: 57.62g (19.21%), Net Carbohydrates: 49.79g (18.1%), Sugar: 25.1g (27.89%), Cholesterol: 0mg (0%), Sodium: 15.75mg (0.68%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 6.57g (13.14%), Manganese: 1.56mg (78.05%), Fiber: 7.84g (31.35%), Magnesium: 95.84mg (23.96%), Copper: 0.43mg (21.44%), Phosphorus: 203.39mg (20.34%), Selenium: 10.96µg (15.66%), Potassium: 531.17mg (15.18%), Iron: 2.7mg (15.01%), Vitamin B1: 0.21mg (14.15%), Zinc: 1.53mg (10.21%), Vitamin B6: 0.17mg (8.52%), Vitamin K: 8.8µg (8.38%), Vitamin B3: 1.48mg (7.42%), Vitamin A: 360.14IU (7.2%), Vitamin B2: 0.12mg (6.97%), Vitamin B5: 0.63mg (6.25%), Vitamin E: 0.78mg (5.22%), Calcium: 47.95mg (4.8%), Folate: 18.78µg (4.69%), Vitamin C: 3.25mg (3.94%)