



Clumpy Granola



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



375 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons honey
- ☐ 6 tablespoons brown sugar light
- ☐ 0.3 cup maple syrup
- ☐ 1 cup pecans
- ☐ 3 cups rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup slivered almonds whole (and if you like)
- ☐ 0.3 cup sunflower seeds

- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup vegetable oil

Equipment

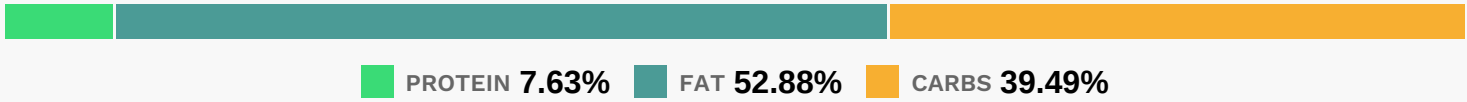
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 250 degrees F. Line two large rimmed cookie sheets (or roasting pans if that's all you've got) with parchment paper. If you are making half, you can use one cookie sheet. Don't try putting it all on one cookie sheet or it won't cook properly. In a large bowl, stir together the rolled oats, almonds, pecans, coconut and sunflower seeds. Toss in salt and stir to evenly disperse salt. In a microwave-safe measuring cup, stir together the brown sugar, maple syrup, honey and vegetable oil.
- ☐ Heat on high for 1 minute, then stir to dissolve sugar slightly. Stir in vanilla.
- ☐ Pour hot syrup mixture over granola and stir until evenly coated. Dump oat mixture out onto the two cookie sheets, spreading as evenly as possible and pressing down slightly so that oats are in a thin, closely packed layer
- ☐ Cover loosely with large pieces of foil.
- ☐ Bake for 1 hour, 1 pan on lower rack and one on upper. When you smell the granola (after about 40 minutes), check it to make sure it's not browning too much. If it's covered, it should be fine. Also, the granola on the lower rack will cook quickly, so after 40 minutes, swap racks. After 1 hour, remove the foil. Cook for another 15 minutes or until it is golden brown.

Remove from oven and let cool completely. Granola will crisp as it cools, so don't worry if allof the granola doesn't seem crisp after 1 hour and 15 minutes. When cool, break the bigger clumps up into smaller clumps.Note: You may want to try this first with half a batch baked on middle rack of oven. When baking two pans, you run the risk of burning the pan on the bottom rack, so if you are doing two pans, watch bottom pan closely and swap spaces.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:9.63, Inflammation Score:-4, Nutrition Score:14.862174050963%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 375.44kcal (18.77%), Fat: 22.92g (35.26%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 33.21g (12.08%), Sugar: 17.82g (19.8%), Cholesterol: 0mg (0%), Sodium: 129.05mg (5.61%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 7.44g (14.89%), Manganese: 1.93mg (96.55%), Vitamin E: 5.03mg (33.56%), Magnesium: 93.2mg (23.3%), Phosphorus: 212.27mg (21.23%), Fiber: 5.28g (21.14%), Copper: 0.42mg (21.01%), Vitamin B1: 0.27mg (18.12%), Vitamin B2: 0.29mg (17.32%), Selenium: 10.84µg (15.48%), Zinc: 2.02mg (13.45%), Iron: 2.06mg (11.43%), Vitamin K: 10.86µg (10.35%), Potassium: 277.22mg (7.92%), Calcium: 67.68mg (6.77%), Vitamin B6: 0.13mg (6.61%), Folate: 25.25µg (6.31%), Vitamin B3: 1.19mg (5.93%), Vitamin B5: 0.49mg (4.93%)