

Coconut Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



36 min.

SERVINGS



12

CALORIES



517 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup almonds chopped
- 0.5 cup coconut milk
- 0.3 cup virgin coconut oil
- 0.5 cup cranberries dried
- 0.5 cup honey
- 1 cup oat bran
- 8 cups quick-cooking oats
- 0.5 cup maltose syrup

- 1 cup coconut or unsweetened flaked
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

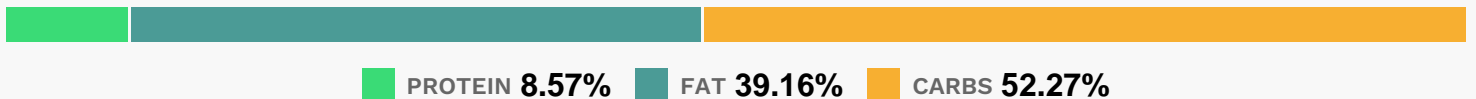
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Preheat the oven to 350 degrees F (175 degrees C). In a large bowl, stir together the oats, oat bran, coconut and almonds. Divide between two large baking sheets, and spread into an even layer.
- Bake for 7 or 8 minutes in the preheated oven, until lightly toasted. Allow to cool for a few minutes, then return to the large bowl.
- While the oats are toasting, combine the coconut milk, coconut oil, vegetable oil, malt syrup and honey in a saucepan. Cook over medium heat, stirring until it comes to a boil. Boil for 2 minutes.
- Remove from heat, and stir in the vanilla.
- Pour the syrup over the granola in the bowl, and stir until the dry ingredients are fully coated. Divide between the two baking sheets, and spread evenly.
- Bake for 8 minutes in the preheated oven, or until fragrant and toasted. Cool in the pans, then mix in the dried cranberries. Store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:25.06, Glycemic Load:29.84, Inflammation Score:-7, Nutrition Score:19.051739250836%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 516.85kcal (25.84%), Fat: 24.55g (37.77%), Saturated Fat: 11.35g (70.94%), Carbohydrates: 73.73g (24.58%), Net Carbohydrates: 64.54g (23.47%), Sugar: 25.58g (28.43%), Cholesterol: 0mg (0%), Sodium: 16.89mg (0.73%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 12.1g (24.19%), Manganese: 3.38mg (169.19%), Magnesium: 204.81mg (51.2%), Phosphorus: 388.58mg (38.86%), Fiber: 9.19g (36.76%), Selenium: 24.72µg (35.31%), Vitamin B1: 0.43mg (28.95%), Iron: 4.01mg (22.27%), Vitamin E: 3.28mg (21.87%), Copper: 0.42mg (20.91%), Zinc: 2.55mg (17.01%), Vitamin B2: 0.2mg (11.94%), Potassium: 385.12mg (11%), Vitamin K: 10.83µg (10.32%), Folate: 28.67µg (7.17%), Calcium: 69.64mg (6.96%), Vitamin B5: 0.67mg (6.67%), Vitamin B6: 0.11mg (5.6%), Vitamin B3: 1.01mg (5.05%)