



Coconut Sour-Cherry Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



7

CALORIES



567 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup cherries dried sour
- 1 tablespoon kosher salt fine (or)
- 0.5 cup brown sugar light packed
- 0.3 cup maple syrup
- 0.3 cup olive oil extra-virgin
- 0.3 cup pepitas unsalted green hulled (pumpkin seeds)
- 2.8 cups rolled oats organic
- 1 cup pistachios unsalted

1 cup coconut flakes unsweetened

Equipment

bowl

baking sheet

sauce pan

baking paper

oven

Directions

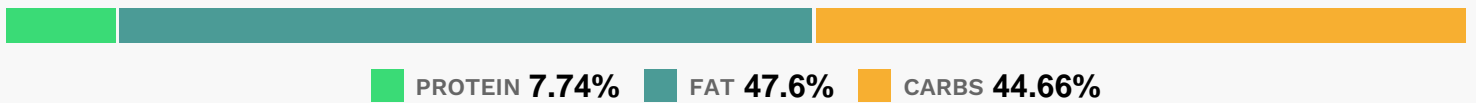
Preheat the oven to 300 degrees F. Line 2 rimmed baking sheets with parchment paper. Toss the oats, coconut, pistachios, pepitas and salt in a large bowl. Warm the brown sugar, maple syrup and olive oil in a small saucepan over low heat, stirring, until the sugar dissolves. Fold the sugar mixture into the oat mixture to evenly coat.

Spread the granola on the prepared baking sheets and bake, stirring often, until dry and lightly golden, 20 to 25 minutes.

Remove from the oven and toss with the dried sour cherries.

Let cool to room temperature. Store in an airtight container for up to 1 week or freeze for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:11.11, Inflammation Score:-6, Nutrition Score:17.214782445327%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 566.97kcal (28.35%), Fat: 31g (47.69%), Saturated Fat: 10.19g (63.7%), Carbohydrates: 65.46g (21.82%), Net Carbohydrates: 56.86g (20.68%), Sugar: 33.79g (37.55%), Cholesterol: 0mg (0%), Sodium: 1013.17mg

(44.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Manganese: 2.33mg (116.28%), Fiber: 8.59g (34.37%), Phosphorus: 304.39mg (30.44%), Magnesium: 109.6mg (27.4%), Copper: 0.53mg (26.4%), Selenium: 13.93µg (19.9%), Vitamin B1: 0.29mg (19.33%), Iron: 3.32mg (18.46%), Vitamin B2: 0.31mg (17.99%), Zinc: 2.36mg (15.72%), Vitamin E: 2.08mg (13.87%), Vitamin B6: 0.28mg (13.86%), Potassium: 458.7mg (13.11%), Vitamin A: 507IU (10.14%), Vitamin K: 9.44µg (8.99%), Calcium: 83.61mg (8.36%), Vitamin B5: 0.6mg (5.97%), Folate: 23.61µg (5.9%), Vitamin B3: 0.95mg (4.75%)