

Cook the Book: Grain-ola



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



1031 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup coconut oil
- ☐ 5.5 cups pineapple dried assorted chopped (try tropical fruits like pineapple and papaya)
- ☐ 1 cup macadamia nuts chopped
- ☐ 2 orange zest grated
- ☐ 4 cups oats
- ☐ 0.8 cup honey raw mild-flavored
- ☐ 0.8 cup sunflower seeds raw unsalted
- ☐ 5.5 cups coconut shredded unsweetened

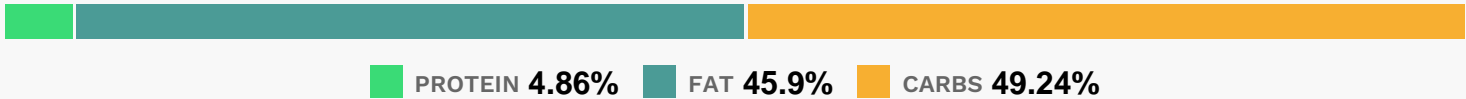
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 300°F and set aside 2 rimmed baking sheets.
- ☐ Combine the oats, sunflower seeds, walnuts, coconut, dried fruits, and zest in a large bowl.
- ☐ Heat the honey and coconut oil in a small saucepan over low heat, whisk to thoroughly combine, then pour over the oat mixture and stir until everything is well coated.
- ☐ Divide the mixture between the baking sheets and spread into a thin layer.
- ☐ Bake, stirring every 10 minutes, for about 40 minutes, until toasty golden brown. Cool completely, then store in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:23.63, Inflammation Score:-6, Nutrition Score:23.40608686727%

Nutrients (% of daily need)

Calories: 1030.88kcal (51.54%), Fat: 55.97g (86.1%), Saturated Fat: 36.19g (226.17%), Carbohydrates: 135.08g (45.03%), Net Carbohydrates: 119.26g (43.37%), Sugar: 93.03g (103.36%), Cholesterol: 0mg (0%), Sodium: 22.56mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Manganese: 3.57mg (178.43%), Fiber: 15.82g (63.28%), Magnesium: 184.72mg (46.18%), Copper: 0.82mg (41.04%), Selenium: 26.53µg (37.89%), Phosphorus: 346.95mg (34.7%), Vitamin B1: 0.52mg (34.51%), Iron: 5.85mg (32.5%), Vitamin E: 4.07mg (27.14%), Vitamin C: 17.04mg (20.66%), Zinc: 2.81mg (18.7%), Vitamin B6: 0.37mg (18.41%), Potassium: 526.3mg (15.04%), Folate: 40.5µg (10.12%), Calcium: 95.1mg (9.51%), Vitamin B2: 0.16mg (9.37%), Vitamin B3: 1.8mg (8.98%), Vitamin B5: 0.88mg (8.84%), Vitamin K: 1.22µg (1.17%)