



Crunchy Cranberry Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



737 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup chef's naturals almonds — i used sliced fisher®
- ☐ 0.3 cup canola oil or any other vegetable oil)
- ☐ 0.5 cup coconut or flaked
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup plus 1 tablespoon
- ☐ 1 tablespoon blackstrap molasses (or use two and omit the extra T. of maple syrup)
- ☐ 0.3 cup pumpkin seeds — omitted unsalted

- ☐ 0.3 cup roasted sunflower seeds — omitted unsalted
- ☐ 2 cups rolled oats quick (not cooking)
- ☐ 0.3 cup cranberries dried sweetened fisher®
- ☐ 0.5 cup chef's naturals walnuts halves and pieces coarsely chopped fisher®

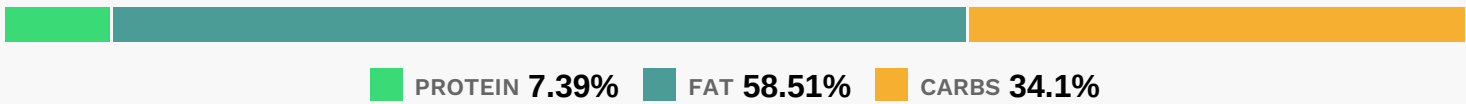
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325°F. Line a large heavy rimmed baking sheet or jelly roll pan with non-stick foil or parchment. In small bowl combine oil, maple syrup, molasses, almond extract and cinnamon; stir well. In large mixing bowl combine oats, walnuts, coconut, almonds, pumpkin seeds (if using), and sunflower seeds (if using). Slowly pour maple syrup mixture over at mixtures; toss to coat.
- ☐ Spread oat mixture evenly onto pan.
- ☐ Bake 18 to 20 minutes or until golden brown; stirring halfway through baking. For clumpier granola, don't stir — just press it down into a thin sheet, let it cool completely, and break into chunks
- ☐ Remove from oven; cool slightly. Stir in cranberries; cool completely.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:17.46, Inflammation Score:-7, Nutrition Score:24.562608568241%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg 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: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 737.44kcal (36.87%), Fat: 49.69g (76.45%), Saturated Fat: 11.77g (73.57%), Carbohydrates: 65.16g (21.72%), Net Carbohydrates: 55.2g (20.07%), Sugar: 27.02g (30.02%), Cholesterol: 0mg (0%), Sodium: 73.3mg (3.19%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 14.12g (28.25%), Manganese: 3.82mg (190.77%), Vitamin E: 7.37mg (49.14%), Phosphorus: 465.07mg (46.51%), Magnesium: 171.43mg (42.86%), Copper: 0.82mg (41.07%), Fiber: 9.96g (39.86%), Vitamin B2: 0.64mg (37.62%), Vitamin K: 35.97µg (34.26%), Selenium: 22.12µg (31.6%), Zinc: 3.66mg (24.42%), Iron: 3.9mg (21.67%), Vitamin B1: 0.32mg (21.03%), Potassium: 512.3mg (14.64%), Folate: 56.17µg (14.04%), Vitamin B5: 1.31mg (13.11%), Vitamin B6: 0.24mg (12.07%), Calcium: 113.89mg (11.39%), Vitamin B3: 1.76mg (8.79%)