



Crunchy granola with berries & cherries



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



407 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 175 g nuts mixed red (pecan halves and peanuts in their skins)
- ☐ 450 g oats
- ☐ 50 g sesame seed
- ☐ 50 g sunflower seeds
- ☐ 125 ml unrefined sunflower oil
- ☐ 100 ml runny honey (try one of the lightly flavoured flower ones)
- ☐ 170 g cherries dried

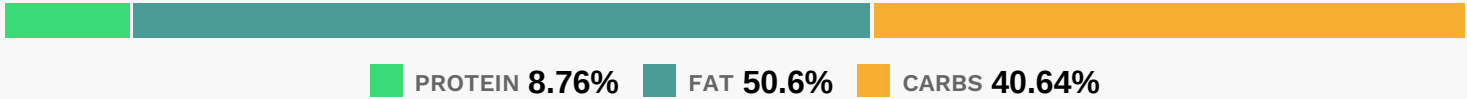
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 190C/Gas 5/fan oven 170C. Halve some of the pecans, leave some whole.
- ☐ Mix with peanuts, oats, sesame seeds, sunflower seeds and a pinch of salt in a large bowl. In a jug, measure the oil and pour into the mixture, then measure the honey it will slide out easily. Stir together with a fork to break up any big clumps of oats.
- ☐ Pour on to a large baking tray with sides, preferably non-stick, in a thin layer.
- ☐ Bake for 20–25 minutes, stirring well at least twice and bringing the mixture in from the edges, until it is golden.
- ☐ Transfer to a large bowl and leave to cool.
- ☐ Mix in the berries and cherries and serve with plenty of chilled milk.
- ☐ Store for up to 1 month in airtight container.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:15.18, Inflammation Score:-5, Nutrition Score:16.259999986576%

Flavonoids

Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg, Cyanidin: 4.28mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 407.03kcal (20.35%), Fat: 23.79g (36.6%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 36.73g (13.36%), Sugar: 12.11g (13.45%), Cholesterol: 0mg (0%), Sodium: 5.31mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.53%), Manganese: 1.85mg (92.35%), Vitamin E: 5.59mg (37.24%), Copper: 0.59mg (29.55%), Magnesium: 114.53mg (28.63%), Phosphorus: 274.35mg (27.43%), Fiber: 6.27g (25.09%), Selenium: 14.57µg (20.82%), Vitamin B1: 0.3mg (20.01%), Iron: 3.06mg (17%), Zinc: 2.49mg (16.58%), Vitamin B6: 0.18mg (8.97%), Potassium: 306.85mg (8.77%), Folate: 33.6µg (8.4%), Vitamin B3: 1.68mg (8.39%), Calcium: 76.14mg (7.61%), Vitamin B2: 0.12mg (7.15%), Vitamin B5: 0.68mg (6.81%), Vitamin K: 1.57µg (1.49%), Vitamin C: 1.17mg (1.42%)