



Crunchy Spice Granola



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



41 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup corn flakes/bran flakes with raisins
- ☐ 0.3 cup coconut flakes flaked
- ☐ 1 cup cornflakes crisp
- ☐ 0.3 cup dates chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg

- ☐ 0.5 cup honey
- ☐ 3 cups oats
- ☐ 6 ounce pears
- ☐ 0.5 teaspoon pumpkin pie spice
- ☐ 0.3 cup sunflower seeds
- ☐ 0.5 cup wheat bran
- ☐ 0.5 cup wheat germ

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Spread first three ingredients on a jelly-roll pan.
- ☐ Bake at 350 for 20 minutes, stirring occasionally.
- ☐ Remove from oven.
- ☐ Reduce oven temperature to 25
- ☐ Combine honey and next 5 ingredients (honey through baby food) in a small saucepan. Bring to a boil; cook 1 minute.
- ☐ Combine oat mixture, honey mixture, bran flakes, and next 5 ingredients (bran flakes through dates); stir well.
- ☐ Spread mixture on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 250 for 1 hour, stirring every 20 minutes.
- ☐ Let cool to room temperature. Store in an airtight container.
- ☐ Sprinkle over yogurt, fresh fruit slices, or frozen yogurt as a quick topping.

Nutrition Facts



 PROTEIN **9.6%**  FAT **17.58%**  CARBS **72.82%**

Properties

Glycemic Index:7.22, Glycemic Load:2.99, Inflammation Score:-1, Nutrition Score:2.7952173682659%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 41.41kcal (2.07%), Fat: 0.87g (1.34%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.97g (2.53%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 7.34mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Manganese: 0.38mg (19.21%), Fiber: 1.16g (4.65%), Selenium: 2.92µg (4.17%), Vitamin B1: 0.06mg (3.97%), Phosphorus: 36.91mg (3.69%), Magnesium: 14.65mg (3.66%), Iron: 0.66mg (3.64%), Folate: 11.44µg (2.86%), Vitamin B6: 0.05mg (2.65%), Copper: 0.05mg (2.52%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.42mg (2.1%), Vitamin B2: 0.03mg (2.01%), Vitamin E: 0.22mg (1.47%), Potassium: 51mg (1.46%)