



Crunchy Sweet Maple Mesquite Clusters



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almond
- ☐ 1 Tablespoon almond butter
- ☐ 4 Teaspoons mesquite flour for a different flavor vibe (can sub cocoa powder or carob powder in a pinch)
- ☐ 0.3 Teaspoon cinnamon
- ☐ 1 Teaspoon juice of lemon
- ☐ 6 Tablespoons maple syrup ()
- ☐ 2 cups grain cereal whole (I use Uncle Sam Original w/ Flax)
- ☐ 0.3 Teaspoon salt

☐ 0.5 Teaspoon vanilla extract

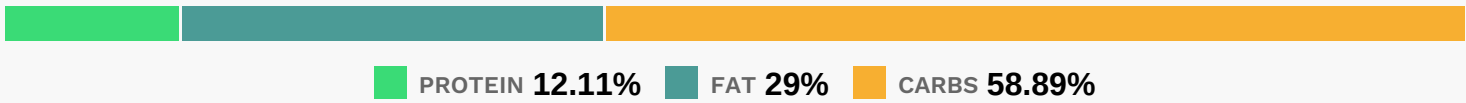
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat your oven to 250°F and line a baking sheet with a silicone baking mat or parchment paper.
- ☐ Place the cereal and almond slices in a large bowl and stir gently, just to combine.In a medium-sized bowl, whisk the maple syrup, almond butter, mesquite flour, lemon juice, vanilla, salt, and cinnamon until smooth.
- ☐ Pour the maple mixture over the cereal mix, and gently stir to coat as thoroughly as possible.
- ☐ Spread the cereal mixture out on your prepared baking sheet.
- ☐ Bake for approximately 20 minutes, or until the clusters appear lightly toasted, but not burnt.Allow the mixture to cool for at least 15 minutes. It will firm up and become crispy the longer it cools.You can break it into smaller pieces, if desired.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:5.7517391252129%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.09mg,

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 125.27kcal (6.26%), Fat: 4.11g (6.32%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 17.13g (6.23%), Sugar: 12.05g (13.39%), Cholesterol: 0mg (0%), Sodium: 110.36mg (4.8%), Alcohol: 0.09g (100%), Alcohol %: 0.32% (100%), Protein: 3.86g (7.72%), Manganese: 0.55mg (27.5%), Vitamin B2: 0.38mg (22.49%), Vitamin E: 1.96mg (13.06%), Vitamin B1: 0.16mg (10.74%), Magnesium: 26.86mg (6.71%), Fiber: 1.65g (6.62%), Iron: 1.13mg (6.25%), Calcium: 60.13mg (6.01%), Vitamin B6: 0.11mg (5.55%), Copper: 0.1mg (4.87%), Vitamin B3: 0.92mg (4.58%), Phosphorus: 41.59mg (4.16%), Folate: 16.38µg (4.09%), Vitamin C: 2.74mg (3.33%), Potassium: 99.76mg (2.85%), Zinc: 0.39mg (2.57%)