



Early-Morning Granola

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



15

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds sliced
- 2 tablespoons brown sugar
- 0.5 cup apples dried chopped
- 0.5 cup apricots dried chopped
- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 0.3 cup maple syrup
- 3 cups regular oats uncooked

- 0.5 cup pecans chopped
- 1 cup raisins
- 0.3 cup sunflower seeds
- 2 tablespoons vegetable oil
- 1 cup wheat germ

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- wax paper

Directions

- Combine first 6 ingredients in a large bowl; stirring well.
- Cook honey and next 3 ingredients in a large saucepan over low heat, stirring until sugar dissolves. Stir in oat mixture.
- Spread mixture in a lightly greased, aluminum foil-lined 15- x 10-inch jelly-roll pan.
- Bake at 350 for 25 minutes or until golden, stirring every 5 minutes. Invert onto wax paper; let cool 30 minutes. Stir in dried fruits.
- Serve with yogurt, if desired.

Nutrition Facts



PROTEIN 9.04% **FAT 32.04%** **CARBS 58.92%**

Properties

Glycemic Index:19.66, Glycemic Load:12.95, Inflammation Score:-5, Nutrition Score:13.66782603834%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.28kcal (12.46%), Fat: 9.38g (14.43%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 38.79g (12.93%), Net Carbohydrates: 33.89g (12.32%), Sugar: 13.88g (15.42%), Cholesterol: 0mg (0%), Sodium: 8.99mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Manganese: 2.08mg (103.96%), Vitamin B1: 0.31mg (20.55%), Fiber: 4.91g (19.63%), Phosphorus: 187.26mg (18.73%), Selenium: 12.86µg (18.37%), Magnesium: 69.23mg (17.31%), Vitamin E: 2.3mg (15.36%), Copper: 0.31mg (15.29%), Zinc: 2.03mg (13.56%), Vitamin B2: 0.21mg (12.31%), Iron: 1.98mg (11.02%), Vitamin B6: 0.2mg (9.89%), Potassium: 344.02mg (9.83%), Folate: 36.5µg (9.12%), Vitamin B3: 1.37mg (6.83%), Vitamin B5: 0.47mg (4.74%), Vitamin K: 4.03µg (3.84%), Calcium: 38.21mg (3.82%), Vitamin A: 159.92IU (3.2%)