



Easy Spiced Overnight Granola



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup karo syrup
- 6 servings coconut milk yogurt
- 0.3 cup grapeseed oil melted
- 1 teaspoons ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 cup certified oats gluten-free instant quick (not)
- 2 cups certified rolled oats gluten-free
- 0.1 teaspoon salt

0.5 teaspoon vanilla extract

Equipment

bowl

frying pan

baking sheet

oven

Directions

Preheat your oven to 300°F.

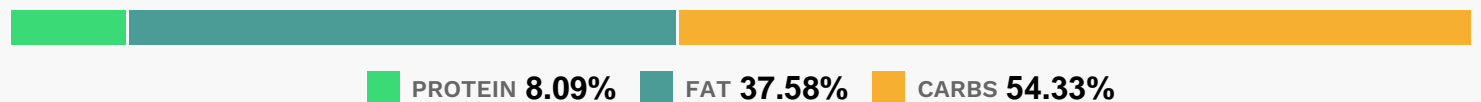
Combine the oil, sweetener, vanilla, spices, and salt in a small dish and stir to combine.

Place the oats in a large bowl and stir to mix the two kinds up, then add the liquid ingredients and stir until all those little oats are nicely coated.

Spread the oat mixture out on a baking sheet (preferably one with rimmed sides so the granola doesn't slide off the sheet!) or large jelly roll pan.

Place the oats in the oven and allow them to bake for just 10 minutes, not a minute more, then turn off the oven and leave the granola inside to finish baking. Don't peak! You can leave them there while you run errands, go to bed, etc. But I found that they were done (as in the oven was cold and the granola was golden) after about 2.5 hours. So 2 to 3 hours is plenty if you are awake and remember them. Stir to declump a bit and serve the granola doused with coconut milk beverage or atop coconut milk yogurt. Store leftover granola in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:9.36, Inflammation Score:-3, Nutrition Score:9.9234783801696%

Nutrients (% of daily need)

Calories: 273.68kcal (13.68%), Fat: 11.78g (18.12%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 34.03g (12.37%), Sugar: 8.96g (9.96%), Cholesterol: 0mg (0%), Sodium: 61.04mg (2.65%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 5.71g (11.42%), Manganese: 1.53mg (76.66%), Vitamin E: 2.79mg

(18.63%), Fiber: 4.29g (17.17%), Selenium: 11.73µg (16.75%), Phosphorus: 166.63mg (16.66%), Magnesium: 56.51mg (14.13%), Vitamin B1: 0.19mg (12.46%), Zinc: 1.49mg (9.91%), Iron: 1.75mg (9.74%), Copper: 0.16mg (8.04%), Vitamin B5: 0.46mg (4.55%), Potassium: 148.99mg (4.26%), Vitamin B2: 0.06mg (3.73%), Calcium: 34.53mg (3.45%), Vitamin D: 0.5µg (3.33%), Folate: 13.16µg (3.29%), Vitamin B3: 0.46mg (2.3%), Vitamin B6: 0.04mg (2.06%)