



## Eleven Madison Park Style Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



533 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 cup cherries dried sour
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.3 cup maple syrup
- ☐ 2.8 cups rolled oats
- ☐ 0.5 teaspoons sea salt for 1 tablespoon coarse kosher fine (original calls )
- ☐ 0.3 cup pepitas unsalted
- ☐ 1 cup pistachios unsalted
- ☐ 1 cup coconut flakes unsweetened

- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup walnuts

## Equipment




- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Preheat the oven to 300 degrees F. Line 1 large (13×1
- ☐ baking sheet or 2 smaller (anything less than 13×1
- ☐ with parchment paper or nonstick foil. Toss the oats, coconut, pistachios, pepitas, other nuts and salt in a large bowl. Warm the brown sugar, maple syrup and oil in a small saucepan over low heat, stirring, until the sugar dissolves. Alternatively, you can just heat in a microwave-safe measuring cup for about 30 seconds and stir well.
- ☐ Add the vanilla. Fold the sugar mixture into the oat mixture and stir to coat.
- ☐ Spread the oat mixture on the prepared baking sheets (or sheet) and bake until dry and lightly golden. Mine was divided into two sheets and done in 28 minutes, but if you make it on one large sheet, you'll probably need to bake for the original 35 to 4
- ☐ Remove from the oven. Break it up a bit, leaving clumps, and then toss with the dried sour cherries.
- ☐ Let cool to room temperature.

## Nutrition Facts



 PROTEIN **7.79%**  FAT **52.04%**  CARBS **40.17%**

Properties

Glycemic Index:12.06, Glycemic Load:9.82, Inflammation Score:-6, Nutrition Score:16.801739164021%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 533.33kcal (26.67%), Fat: 31.98g (49.19%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 47.89g (17.41%), Sugar: 27.83g (30.92%), Cholesterol: 0mg (0%), Sodium: 159.19mg (6.92%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 10.77g (21.53%), Manganese: 2.28mg (114.16%), Fiber: 7.65g (30.61%), Phosphorus: 291.66mg (29.17%), Copper: 0.58mg (28.89%), Magnesium: 107.47mg (26.87%), Vitamin K: 19.74µg (18.8%), Vitamin B1: 0.28mg (18.58%), Selenium: 12.54µg (17.92%), Iron: 3mg (16.69%), Vitamin B2: 0.28mg (16.4%), Zinc: 2.29mg (15.25%), Vitamin B6: 0.28mg (14.09%), Potassium: 433.74mg (12.39%), Vitamin E: 1.32mg (8.79%), Calcium: 76.4mg (7.64%), Folate: 27.82µg (6.96%), Vitamin A: 310.62IU (6.21%), Vitamin B5: 0.56mg (5.64%), Vitamin B3: 0.91mg (4.57%)