



Extra Chunky Granola



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



563 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 0.3 cup coconut flakes
- ☐ 1 tablespoon coconut oil
- ☐ 0.5 cup fruit dried
- ☐ 1 tablespoon egg white with a fork beaten
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon maple syrup
- ☐ 0.8 cup nuts mixed

- ☐ 2 cups oats
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sunflower seeds
- ☐ 1.5 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300 F and line a large heavy baking sheet with nonstick foil. In a small saucepan, heat the butter over medium until it melts. Reduce heat to low and stir in oil, sugar, maple syrup, honey and salt. Cook over low just until brown sugar melts.
- ☐ Remove from heat.
- ☐ Let cool slightly, then stir in the vanilla. In a large mixing bowl, mix the oats, seeds, coconut and nuts.
- ☐ Pour the egg white over the oat mixture and stir well, then pour the sugar mixture over the oat mixture and stir thoroughly until mixed.
- ☐ Spread the mixture over the bottom of the lined baking sheet to make thin slab. It should be all squished together, as if you were making bars.
- ☐ Bake at 300F for 25–30 minutes or just until lightly browned,
- ☐ Remove from the oven. It should be warm, slightly browned and chewy, but will crisp as it cools.
- ☐ Let cool completely. Break into chunks and stir in the fruit.

Nutrition Facts



 PROTEIN **8.72%**  FAT **49.14%**  CARBS **42.14%**

Properties

Glycemic Index:52.36, Glycemic Load:15.17, Inflammation Score:-6, Nutrition Score:19.742174176418%

Nutrients (% of daily need)

Calories: 563.22kcal (28.16%), Fat: 31.98g (49.21%), Saturated Fat: 8.95g (55.93%), Carbohydrates: 61.69g (20.56%), Net Carbohydrates: 53.08g (19.3%), Sugar: 24.14g (26.83%), Cholesterol: 11.29mg (3.76%), Sodium: 92.83mg (4.04%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 12.77g (25.55%), Manganese: 2.46mg (122.96%), Magnesium: 155.06mg (38.77%), Copper: 0.72mg (36.08%), Phosphorus: 355.84mg (35.58%), Fiber: 8.61g (34.45%), Selenium: 18.17µg (25.95%), Vitamin B1: 0.38mg (25.04%), Vitamin E: 3.56mg (23.71%), Zinc: 3.12mg (20.78%), Iron: 3.57mg (19.84%), Vitamin B2: 0.24mg (14.12%), Potassium: 465.12mg (13.29%), Vitamin B6: 0.26mg (13.09%), Vitamin B3: 2.52mg (12.59%), Folate: 46.96µg (11.74%), Vitamin B5: 0.97mg (9.73%), Vitamin K: 8.23µg (7.84%), Calcium: 74.79mg (7.48%), Vitamin A: 139.93IU (2.8%)