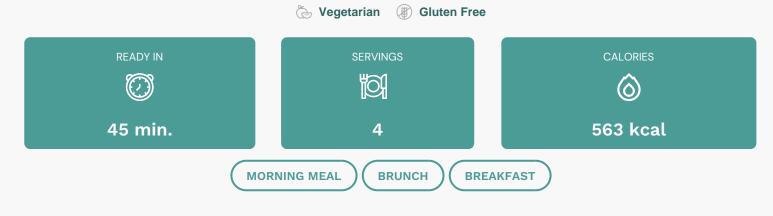


# **Extra Chunky Granola**



### **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	
	O.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 oar 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**

### **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%)