



Extreme Granola



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



7

CALORIES



579 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup almonds
- ☐ 0.8 cup dates chopped
- ☐ 0.5 cup blueberries dried
- ☐ 0.3 cup maple syrup pure at room temperature
- ☐ 4 cups oats
- ☐ 0.8 cups pecans
- ☐ 0.3 teaspoon salt fine
- ☐ 0.3 cup sesame seed

☐ 8 tablespoons butter unsalted

Equipment

☐ bowl

☐ baking sheet

☐ oven

☐ aluminum foil

☐ microwave

☐ spatula

Directions

☐ Preheat the oven to 375°F. Line a large shallow baking sheet with foil.

☐ Spread the pecans and almonds on the sheet and roast for 8 to 10 minutes, until lightly toasted.

☐ Transfer the nuts to a board, let cool and chop the nuts. Set aside.

☐ Reduce the oven temperature to 300°F.

☐ Pour the oats and sesame seeds, if using, in a mound on the same baking sheet. Melt the butter in a small bowl in the microwave; stir in the maple syrup and salt and drizzle on top of the oats. Stir well with a rubber spatula and then spread out the oats in an even layer.

☐ Bake the oats for 30 minutes, stirring once with the spatula halfway through, until the oats are lightly colored.

☐ Let cool; the mixture will crisp as it cools.

☐ Add the dates, blueberries, and reserved nuts and toss.

☐ •Store the granola in covered glass jars at room temperature for up to one month. •Double the fun! Make two batches of granola by doubling the ingredients and using two baking sheets—one in the upper third and one in the lower third of the oven. Package in cellophane bags tied with ribbon for a tasty gift.

☐ Nutrition Data

☐ Real Food For Healthy Kids reprinted with permission of William Morrow/An Imprint of Harper

☐ Collins Publishers.

Nutrition Facts



PROTEIN 7.35% FAT 47.69% CARBS 44.96%

Properties

Glycemic Index:26.21, Glycemic Load:20.29, Inflammation Score:-7, Nutrition Score:19.552608615678%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 579.27kcal (28.96%), Fat: 31.74g (48.83%), Saturated Fat: 10.15g (63.47%), Carbohydrates: 67.31g (22.44%), Net Carbohydrates: 57.02g (20.73%), Sugar: 26.52g (29.47%), Cholesterol: 34.4mg (11.47%), Sodium: 92.84mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Manganese: 2.92mg (145.96%), Fiber: 10.3g (41.18%), Magnesium: 133.47mg (33.37%), Copper: 0.67mg (33.37%), Phosphorus: 315.78mg (31.58%), Vitamin B2: 0.43mg (25.05%), Vitamin B1: 0.37mg (24.37%), Selenium: 16.69µg (23.84%), Vitamin E: 3.35mg (22.34%), Iron: 3.78mg (21.02%), Zinc: 3.07mg (20.46%), Potassium: 538.54mg (15.39%), Calcium: 143.69mg (14.37%), Vitamin A: 407.94IU (8.16%), Vitamin B5: 0.77mg (7.71%), Folate: 30.32µg (7.58%), Vitamin B6: 0.15mg (7.57%), Vitamin B3: 1.47mg (7.37%), Vitamin K: 2.84µg (2.71%), Vitamin D: 0.24µg (1.6%)