



Fruit & nut granola



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



14

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 100 ml clear honey
- ☐ 50 ml maple syrup
- ☐ 500 g oats
- ☐ 100 g almonds flaked
- ☐ 50 g pinenuts
- ☐ 100 g indian puffed rice
- ☐ 2 tbsp sesame seed

- ☐ 50 g raisins
- ☐ 85 g cranberries dried chopped
- ☐ 50 g coconut flakes dried (find these at juliangraves.com and healthfood shops)
- ☐ 14 servings greek yogurt

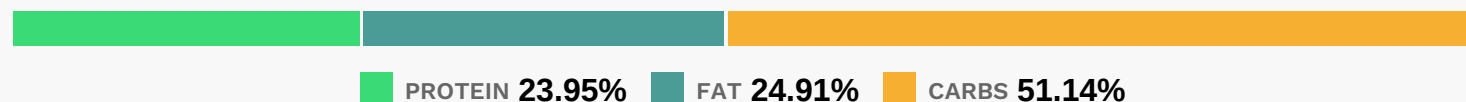
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Heat the oil, honey and maple syrup together in a pan.
- ☐ Mix the oats, almonds, pine nuts, puffed rice and sesame seeds in a large mixing bowl.
- ☐ Pour over the honey mix, stir well to coat, then tip onto a large baking tray.
- ☐ Bake for 15 mins until everything is golden and crisp.
- ☐ Take the tray from the oven, leave to cool, then break up any big clumps.
- ☐ Mix together with the dried fruit and coconut shavings.
- ☐ Serve with Greek yogurt and fresh raspberries. The rest of the granola can be stored in a sealed jar and enjoyed over the next 2 weeks.

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:18.34, Inflammation Score:-5, Nutrition Score:23.492174017689%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 464.5kcal (23.22%), Fat: 13.11g (20.17%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 54.5g (19.82%), Sugar: 23.32g (25.91%), Cholesterol: 10mg (3.33%), Sodium: 78.11mg (3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.75%), Manganese: 2.17mg (108.72%), Vitamin B2: 0.92mg (53.88%), Phosphorus: 499.34mg (49.93%), Selenium: 32.43µg (46.33%), Vitamin B1: 0.44mg (29.46%), Calcium: 281.71mg (28.17%), Magnesium: 111.59mg (27.9%), Iron: 4.86mg (26.97%), Fiber: 6.07g (24.29%), Vitamin B12: 1.4µg (23.33%), Zinc: 3.13mg (20.85%), Copper: 0.41mg (20.28%), Vitamin B3: 3.93mg (19.64%), Vitamin E: 2.56mg (17.05%), Potassium: 567.14mg (16.2%), Vitamin B5: 1.18mg (11.8%), Vitamin B6: 0.21mg (10.73%), Folate: 33.02µg (8.26%), Vitamin K: 4.9µg (4.66%)