



Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



635 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup cashew pieces
- ☐ 0.8 cup coconut or shredded sweet
- ☐ 0.3 cup brown sugar dark
- ☐ 0.3 cup maple syrup
- ☐ 1 cup raisins
- ☐ 3 cups rolled oats
- ☐ 0.8 teaspoon salt
- ☐ 1 cup slivered almonds

☐ 0.3 cup vegetable oil

Equipment

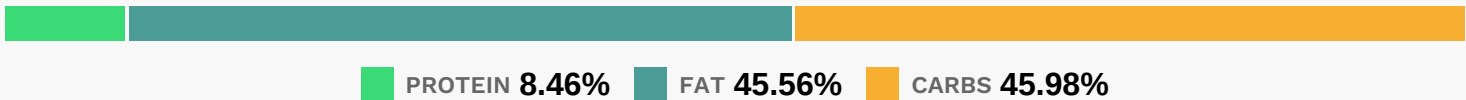
☐ bowl

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 250 degrees F.
- ☐ In a large bowl, combine the oats, nuts, coconut, and brown sugar.
- ☐ In a separate bowl, combine maple syrup, oil, and salt.
- ☐ Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color.
- ☐ Remove from oven and transfer into a large bowl.
- ☐ Add raisins and mix until evenly distributed.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:24.51, Inflammation Score:-6, Nutrition Score:23.011739057043%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 635.05kcal (31.75%), Fat: 33.62g (51.72%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 76.34g (25.45%), Net Carbohydrates: 66.74g (24.27%), Sugar: 20.01g (22.23%), Cholesterol: 0mg (0%), Sodium: 308.42mg

(13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.08%), Manganese: 2.77mg (138.42%), Copper: 0.94mg (46.84%), Magnesium: 181.43mg (45.36%), Phosphorus: 410.08mg (41.01%), Fiber: 9.6g (38.39%), Vitamin E: 5.74mg (38.26%), Vitamin B2: 0.5mg (29.23%), Iron: 4.78mg (26.56%), Selenium: 18µg (25.71%), Vitamin B1: 0.36mg (23.79%), Vitamin K: 24.87µg (23.68%), Zinc: 3.53mg (23.54%), Potassium: 698.01mg (19.94%), Calcium: 108.04mg (10.8%), Vitamin B6: 0.21mg (10.47%), Vitamin B3: 1.68mg (8.39%), Vitamin B5: 0.78mg (7.77%), Folate: 29.68µg (7.42%), Vitamin C: 1.74mg (2.11%)