



Granola with Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



719 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup coconut or flaked
- ☐ 0.3 cup coconut oil
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons mild molasses
- ☐ 0.7 cup nuts assorted
- ☐ 1.8 cups old fashioned oats
- ☐ 0.3 cup pumpkin seed kernels unsalted (pepitas)

- ☐ 0.5 cup quinoa rinsed well
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract

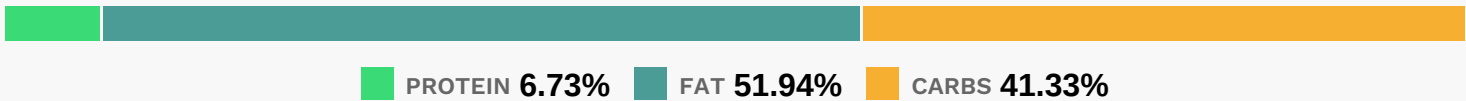
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 325°F. Line a rimmed baking sheet with nonstick foil.In large mixing bowl combine oats, quinoa, nuts, coconut, and pumpkin seed kernels. Set aside.In small microwave-safe bowl or Pyrex measure, combine coconut oil, maple syrup, molasses and salt.
- ☐ Heat for 30 seconds in microwave.
- ☐ Remove from microwave, give it a stir, then add the vanilla.Slowly pour maple syrup mixture over the oat mixture and stir to coat.
- ☐ Spread oat mixture evenly onto pan.
- ☐ Bake 20 to 30 minutes or until golden brown; stirring ever 10 seconds. Keep a close eye on it. When browned, take it out and let it cool. It will crisp as it cools. Don't try cooking it until it crisps in the oven or it will burn.Stir in cranberries once the granola has cooled and crisped.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:18.38, Inflammation Score:-7, Nutrition Score:20.593043649974%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 719.43kcal (35.97%), Fat: 43.26g (66.55%), Saturated Fat: 23.16g (144.77%), Carbohydrates: 77.46g (25.82%), Net Carbohydrates: 68.57g (24.93%), Sugar: 32.71g (36.34%), Cholesterol: 0mg (0%), Sodium: 24.19mg (1.05%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 12.6g (25.21%), Manganese: 3.66mg (182.9%), Magnesium: 185.23mg (46.31%), Phosphorus: 385.2mg (38.52%), Copper: 0.77mg (38.41%), Fiber: 8.88g (35.54%), Vitamin B2: 0.51mg (30.19%), Selenium: 17.2µg (24.57%), Iron: 4.3mg (23.91%), Vitamin B1: 0.35mg (23.11%), Zinc: 3.31mg (22.07%), Folate: 72.84µg (18.21%), Potassium: 636.9mg (18.2%), Vitamin B6: 0.35mg (17.62%), Calcium: 103.1mg (10.31%), Vitamin B5: 0.89mg (8.9%), Vitamin E: 1.17mg (7.8%), Vitamin B3: 1.38mg (6.88%), Vitamin K: 2.44µg (2.32%)