



Great Granola



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



2 tablespoons brown sugar dark light



0.3 cup maple syrup



3 tablespoons oil



2 cups old fashioned oats



0.7 cup pecans



0.3 teaspoon salt



1 teaspoon vanilla



1 tablespoon water plus a little extra if needed)

☐ 0.5 cup wheat germ

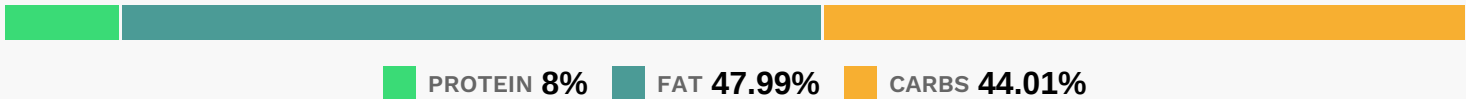
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 275 degrees F. Grease a 13×9 inch baking pan (metal).
- ☐ Mix oats, wheat germ, brown sugar, cinnamon and salt together in a big bowl. Stir in the pecans.
- ☐ Combine syrup, oil and water in a microwave–safe glass measuring cup. Microwave for about 1 minute or until mixture boils. Stir in the vanilla, then pour over oat mixture and stir very well.
- ☐ Mixture should seem slightly moist and you should be able to form clumps by pressing it together with your fingers. If it is too dry to do this, add a little more water (I didn’t need to).
- ☐ Transfer the oat mixture to the baking pan and using your fingers, squeeze together as many clumps/clusters as you like.
- ☐ Bake the granola for about 45–50 minutes, stirring every 15 minutes to avoid burning. It should be golden and should not smell burnt (timing granola is kind of an art) Granola will come out of the oven kind of soft, but will crisp as it cools.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:7.18, Inflammation Score:-3, Nutrition Score:11.95652164454%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg,

Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 251.88kcal (12.59%), Fat: 13.81g (21.25%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 24.63g (8.96%), Sugar: 9.56g (10.63%), Cholesterol: 0mg (0%), Sodium: 76.63mg (3.33%), Alcohol: 0.17g (100%), Alcohol %: 0.38% (100%), Protein: 5.18g (10.35%), Manganese: 2.34mg (116.76%), Vitamin B1: 0.3mg (19.68%), Selenium: 11.93µg (17.05%), Phosphorus: 168.94mg (16.89%), Fiber: 3.87g (15.47%), Magnesium: 58.61mg (14.65%), Zinc: 2.1mg (14.03%), Copper: 0.25mg (12.38%), Vitamin B2: 0.21mg (12.2%), Iron: 1.57mg (8.75%), Vitamin E: 1.13mg (7.54%), Folate: 28.71µg (7.18%), Vitamin B6: 0.13mg (6.71%), Potassium: 202.12mg (5.77%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 4.47µg (4.25%), Vitamin B3: 0.84mg (4.18%), Calcium: 33.32mg (3.33%)