



Green Tea Granola

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



20

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 cups corn flakes/bran flakes fiber honey clusters®
- 1 cup cashew pieces
- 1 cup celery stalks
- 0.3 cup brown sugar packed
- 0.5 cup tea green hot per 1/2 cup water) brewed
- 2 tablespoons honey
- 2 tablespoons vegetable oil
- 0.5 cup mangos dried chopped

0.5 cup cranberries dried sweetened

Equipment

bowl

frying pan

sauce pan

oven

Directions

Heat oven to 250°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix cereal, cashews and sesame sticks.

In 1-quart saucepan, mix brown sugar, tea, honey and oil. Cook over medium heat 3 to 4 minutes, stirring constantly, until brown sugar is melted.

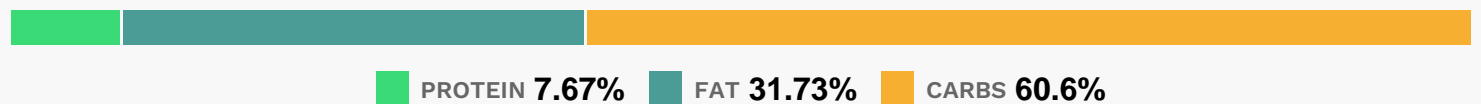
Pour mixture over cereal; toss to coat well.

Spread mixture in pan.

Bake 30 minutes. Stir well.

Bake 10 minutes longer. Stir in mangoes and cranberries. Cool completely in pan, about 1 hour. Store in tightly covered container.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:7.04, Inflammation Score:-6, Nutrition Score:9.3665216642877%

Flavonoids

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Nutrients (% of daily need)

Calories: 116.46kcal (5.82%), Fat: 4.5g (6.92%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 16.61g (6.04%), Sugar: 9.84g (10.93%), Cholesterol: 0mg (0%), Sodium: 70.84mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Manganese: 0.57mg (28.35%), Folate: 85.61µg (21.4%), Iron: 3.85mg (21.38%), Vitamin B1: 0.19mg (12.39%), Vitamin B6: 0.24mg (12.12%), Magnesium: 47.87mg (11.97%), Selenium: 7.7µg (10.99%), Fiber: 2.72g (10.88%), Vitamin B3: 2.14mg (10.69%), Copper: 0.21mg (10.62%), Vitamin B2: 0.18mg (10.51%), Vitamin B12: 0.6µg (10%), Phosphorus: 94.41mg (9.44%), Vitamin A: 367.31IU (7.35%), Zinc: 0.99mg (6.62%), Vitamin K: 6.75µg (6.43%), Potassium: 135.01mg (3.86%), Vitamin D: 0.4µg (2.64%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.71mg (2.07%), Vitamin B5: 0.19mg (1.93%), Calcium: 12.82mg (1.28%)