



## Happy Trails Granola



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



672 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 cup firmly brown sugar pinch kosher salt dark packed
- ☐ 0.5 cup candy coated chocolates recommended: M and M s
- ☐ 1 cup cranberries dried
- ☐ 2 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup
- ☐ 3 cups rolled oats 1 cup walnuts chopped
- ☐ 1 cup sunflower seeds

- ☐ 1 cup coconut flakes shredded sweetened
- ☐ 0.3 cup vegetable oil

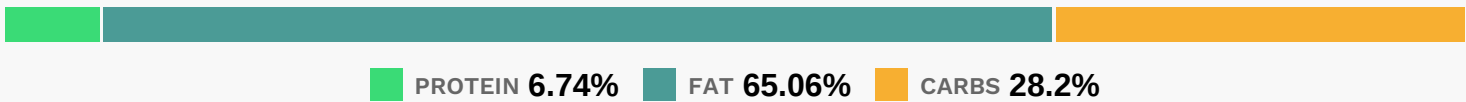
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot

## Directions

- ☐ Preheat the oven to 325 degrees F. Line a baking sheet with parchment paper.
- ☐ In a small pot over medium heat, whisk together the syrup, oil and cinnamon. Cook until it just bubbles.
- ☐ Remove from the heat and cool slightly.
- ☐ In a large bowl, add the oats, walnuts, sunflower seeds, brown sugar and a pinch of salt.
- ☐ Pour in the syrup mixture and toss well. In a small bowl, whisk the egg whites to combine.
- ☐ Pour over the granola and toss well. Evenly spread the mixture onto a sheet tray.
- ☐ Bake until golden, turning several times, about 35 to 40 minutes.
- ☐ Remove from the oven to a serving bowl and cool. When cool add the remaining ingredients and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.19, Glycemic Load:5.95, Inflammation Score:-6, Nutrition Score:21.348695642922%

## Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 672.13kcal (33.61%), Fat: 51.25g (78.84%), Saturated Fat: 9.91g (61.94%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 43.8g (15.93%), Sugar: 37.69g (41.88%), Cholesterol: 1.95mg (0.65%), Sodium: 3592.41mg (156.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Manganese: 2.66mg (132.98%), Copper: 1.05mg (52.46%), Vitamin E: 7.12mg (47.49%), Magnesium: 135.28mg (33.82%), Vitamin B1: 0.42mg (27.77%), Phosphorus: 276.89mg (27.69%), Vitamin B6: 0.5mg (24.9%), Vitamin B2: 0.42mg (24.73%), Fiber: 6.17g (24.69%), Selenium: 14.51µg (20.73%), Folate: 82.24µg (20.56%), Zinc: 2.57mg (17.13%), Iron: 2.67mg (14.84%), Vitamin K: 14.98µg (14.26%), Potassium: 406.18mg (11.61%), Vitamin B3: 2.05mg (10.26%), Calcium: 101.35mg (10.13%), Vitamin B5: 0.57mg (5.69%), Vitamin C: 1mg (1.21%)