



Healthy Almond Crunch Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup coconut oil melted
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 cup honey for vegan (can substitute agave nectar)
- ☐ 2.5 cups rolled oats gluten-free for (use certified oats)
- ☐ 1 cup slivered sliced
- ☐ 1 cup coconut or unsweetened flaked

Equipment

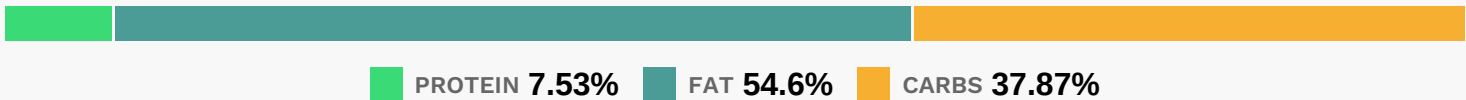
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Spread the almonds out on a baking sheet with high sides – I like to line it with a silicone baking mat for more even cooking and easier removal.
- ☐ Place the baking sheet in a cold oven, and turn it on to 350°F. Toast the almonds for 9–11 minutes, checking in once or twice to stir.
- ☐ Remove the almonds from the oven, but leave the oven on.
- ☐ Combine the toasted almonds with the oats, coconut, and cinnamon in a large bowl.
- ☐ Whisk the honey with the oil and drizzle it over the almond–oat mixture, tossing to evenly coat.
- ☐ Spread the granola out on your baking sheet, and bake it for 20 to 30 minutes, giving it a stir half way through.
- ☐ Remove the granola from the oven, loosen it from the pan with a spatula, and let it cool.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:5.02, Inflammation Score:-2, Nutrition Score:7.7369565345833%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 221.72kcal (11.09%), Fat: 14.04g (21.6%), Saturated Fat: 8.28g (51.74%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 18.01g (6.55%), Sugar: 7.26g (8.06%), Cholesterol: 0mg (0%), Sodium: 4.09mg (0.18%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.36g (8.71%), Manganese: 1.01mg (50.25%), Fiber: 3.9g (15.61%), Vitamin E: 2.16mg (14.42%), Magnesium: 50.55mg (12.64%), Phosphorus: 120.9mg (12.09%), Copper: 0.2mg (10.13%), Selenium: 6.67µg (9.52%), Vitamin B2: 0.14mg (7.99%), Vitamin B1: 0.11mg (7.26%), Iron: 1.26mg (6.99%), Zinc: 1mg (6.67%), Potassium: 156.71mg (4.48%), Vitamin B6: 0.07mg (3.51%), Calcium: 32.64mg (3.26%), Folate: 12.17µg (3.04%), Vitamin B3: 0.57mg (2.87%), Vitamin B5: 0.28mg (2.82%), Vitamin K: 2.49µg (2.37%), Vitamin C: 1.67mg (2.02%)