



How to Make Homemade Granola

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup almonds chopped
- 0.3 cup brown sugar packed
- 0.3 cup coconut or shredded
- 0.5 cup currants dried
- 3 tablespoons maple syrup
- 0.5 cup pumpkin seeds raw
- 1.5 cups rolled oats
- 0.5 teaspoon salt

2 tablespoons vegetable oil

Equipment

bowl

baking sheet

oven

Directions

Preheat oven to 250 degrees F (120 degrees C). Line a baking sheet with a silicone liner.

Combine brown sugar, maple syrup, oil, and salt in a bowl.

Add oats, almonds, pumpkin seeds, and coconut.

Mix well, making sure all ingredients are coated evenly.

Pour onto prepared baking sheet and distribute in an even layer.

Bake in the preheated oven for 1 hour, stirring every 10 to 15 minutes lightly with the tines of a fork so mixture toasts evenly and granola is golden brown.

Pour into a bowl and, while mixture is still hot, mix in currants. Cool. Store in an airtight container until ready to use.

Nutrition Facts



PROTEIN 8.61% **FAT 41.81%** **CARBS 49.58%**

Properties

Glycemic Index:21.92, Glycemic Load:9.47, Inflammation Score:-4, Nutrition Score:12.929565074651%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 328.08kcal (16.4%), Fat: 15.93g (24.51%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 37.73g (13.72%), Sugar: 23.43g (26.03%), Cholesterol: 0mg (0%), Sodium: 205.01mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Manganese: 1.61mg (80.49%), Magnesium: 100.39mg (25.1%), Vitamin E: 3.65mg (24.31%), Phosphorus: 223.46mg (22.35%), Fiber: 4.78g (19.14%), Vitamin B2: 0.32mg (18.84%), Copper: 0.33mg (16.66%), Iron: 2.19mg (12.15%), Zinc: 1.69mg (11.28%), Vitamin B1: 0.16mg (10.73%), Selenium: 7.49µg (10.7%), Potassium: 347.67mg (9.93%), Vitamin K: 9.54µg (9.08%), Calcium: 74.86mg (7.49%), Vitamin B3: 1.16mg (5.8%), Folate: 17.27µg (4.32%), Vitamin B6: 0.09mg (4.3%), Vitamin B5: 0.35mg (3.54%)