



Jamie's Easy Granola

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2923 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups fruit dried
- 1 teaspoon ground cinnamon
- 5 tablespoons maple syrup
- 1 cup nuts mixed
- 3 tablespoons olive oil
- 2 cups quick-cooking oatmeal instant (not)
- 0.3 cup nigella seeds mixed (sunflower, poppy, pumpkin, sesame)
- 0.8 cup coconut or shredded unsweetened

Equipment

- baking sheet
- oven
- wooden spoon

Directions

- Preheat oven to 35
- Put oatmeal, mixed nuts, mixed seeds, coconut, and cinnamon on a baking sheet. Stir well; smooth out.
- Drizzle with maple syrup and olive oil; stir.
- Bake 25–30 minutes. Every 5 minutes or so take out and stir, then smooth down with a wooden spoon and put back in oven. When granola is golden, remove from oven, mix in dried fruit (roughly chop any large pieces); let cool.
- Serve with milk or yogurt. You can keep leftover granola in an airtight container about 2 weeks, but it's so delicious we'll be surprised if it lasts that long!

Nutrition Facts



Properties

Glycemic Index:167.17, Glycemic Load:103.63, Inflammation Score:-10, Nutrition Score:57.982608533424%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 2922.95kcal (146.15%), Fat: 189.9g (292.15%), Saturated Fat: 59.77g (373.58%), Carbohydrates: 273.83g (91.28%), Net Carbohydrates: 224.38g (81.59%), Sugar: 96.69g (107.44%), Cholesterol: 0mg (0%), Sodium: 63.99mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.11g (124.21%), Manganese: 14.63mg (731.61%), Magnesium: 887.61mg (221.9%), Fiber: 49.87g (199.5%), Copper: 3.18mg (158.8%), Phosphorus: 1554.27mg (155.43%), Vitamin B2: 1.87mg (110.14%), Selenium: 68.46µg (97.8%), Iron: 16.9mg (93.88%), Vitamin B1: 1.32mg (88.2%), Zinc: 13.2mg (87.97%), Potassium: 2461mg (70.31%), Vitamin E: 7.75mg (51.68%), Vitamin B3: 9mg

(44.99%), Vitamin B6: 0.86mg (43.22%), Calcium: 421.81mg (42.18%), Vitamin K: 40.67µg (38.73%), Vitamin B5: 3.71mg (37.12%), Folate: 135.69µg (33.92%), Vitamin C: 2.42mg (2.93%)