



 **9%**
HEALTH SCORE

Lemon Coconut Granola

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup coconut oil
- 1 cup coconut flakes
- 1 cup coconut flakes
- 1 cup currants dried (or other fruit)
- 1 cup currants dried (or other fruit)
- 0.5 cup flaxseeds
- 0.3 cup honey
- 3 juice of lemon

- 1 lemon zest
- 1 cup pistachios chopped (almonds, hazelnuts, pistachios)
- 3 cups rolled oats

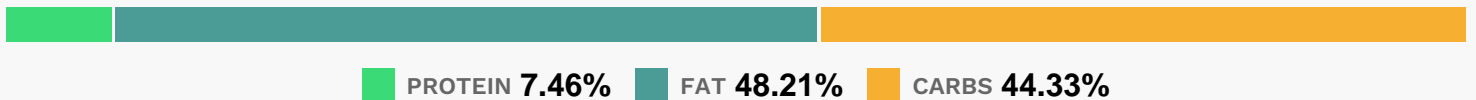
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 150C. In a pan, combine coconut oil, honey, lemon peel and lemon juice. Bring to boil. Take off the heat when the honey is dissolved.
- Let cool a little. In another bowl, combine oats, flax seeds and chopped nuts.
- Mix well.
- Pour the honey mixture over the dry ingredients and stir until the oat mixture is well coated.
- Spread the granola evenly on a baking pan, and bake for 20 minutes. Turn over the granola, and stir in the coconut flakes.
- Bake for another 10 minutes.
- Let cool and stir in the currants. Keep in airtight container.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:9.94, Inflammation Score:-3, Nutrition Score:11.101739130435%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

