



 **62%**  
HEALTH SCORE

# Lemon Yogurt Berry Swirl with Homemade Granola

 Vegetarian  Gluten Free  Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



1505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 cup apricots dried diced
- 0.5 cup banana dried
- 3 cups poached berries mixed frozen (any combination strawberries, blueberries, raspberries, blackberries)
- 0.3 cup confectioners' sugar
- 0.3 cup cooking oil neutral (canola)
- 1.5 cups raisins dried
- 0.5 cup flax seeds

- 0.5 teaspoon ground cinnamon
- 0.3 cup honey
- 1 juice of lemon juiced
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon zest
- 0.5 cup brown sugar light
- 1.5 cups lowfat vanilla yogurt
- 4 cups oats instant (NOT quick-cook or )
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 5.5 cups almonds whole shelled

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- spatula

## Directions

- For the granola: Preheat oven to 300 degrees F.
- Mix oats, almonds, flax seeds, brown sugar, salt and cinnamon in a bowl. In a saucepan warm the oil and honey.
- Whisk in the vanilla extract.
- Pour the honey, oil, vanilla mixture over the oat mixture and mix gently, but well.
- Mix with spatula and eventually your hands.
- Spread out onto a sheet pan and bake for 40 minutes (stir after the first 20). Cool and break up any clumps.

Mix in dried fruit.

## Nutrition Facts

**PROTEIN 10.49%** **FAT 48.47%** **CARBS 41.04%**

### Properties

Glycemic Index:37.91, Glycemic Load:25.18, Inflammation Score:-10, Nutrition Score:50.320869611657%

### Flavonoids

Cyanidin: 6.79mg, Cyanidin: 6.79mg, Cyanidin: 6.79mg, Cyanidin: 6.79mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg, Delphinidin: 16.76mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 3.4mg, Epigallocatechin: 3.4mg, Epigallocatechin: 3.4mg, Epigallocatechin: 3.4mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg, Isorhamnetin: 3.46mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 2.09mg, Myricetin: 2.09mg, Myricetin: 2.09mg, Myricetin: 2.09mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

### Nutrients (% of daily need)

Calories: 1505.48kcal (75.27%), Fat: 85.94g (132.22%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 163.74g (54.58%), Net Carbohydrates: 132.31g (48.11%), Sugar: 91.1g (101.23%), Cholesterol: 3.06mg (1.02%), Sodium: 253.51mg (11.02%), Alcohol: 0.23g (100%), Alcohol %: 0.06% (100%), Protein: 41.85g (83.71%), Manganese: 5.64mg (282.08%), Vitamin E: 37.45mg (249.65%), Magnesium: 511.19mg (127.8%), Fiber: 31.43g (125.72%), Phosphorus: 1055.85mg (105.58%), Vitamin B2: 1.79mg (105.55%), Copper: 1.89mg (94.28%), Calcium: 561.28mg (56.13%), Vitamin B1: 0.81mg (54.04%), Potassium: 1798.82mg (51.39%), Iron: 9.09mg (50.49%), Zinc: 7.41mg (49.38%), Selenium: 28.79µg (41.13%), Vitamin B3: 7.11mg (35.55%), Folate: 105.98µg (26.5%), Vitamin B6: 0.48mg (23.83%), Vitamin K: 24.2µg (23.05%), Vitamin B5: 2.06mg (20.57%), Vitamin A: 853.19IU (17.06%), Vitamin C: 7.07mg (8.57%), Vitamin B12: 0.32µg (5.41%)