



Mal's Maple Date Pecan Granola in the Slow Cooker



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 tablespoons apple sauce
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon maple extract
- ☐ 0.3 cup maple syrup pure
- ☐ 1 cup medjool dates pitted chopped
- ☐ 1 cup pecans chopped
- ☐ 3 cups rolled oats

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon vanilla extract

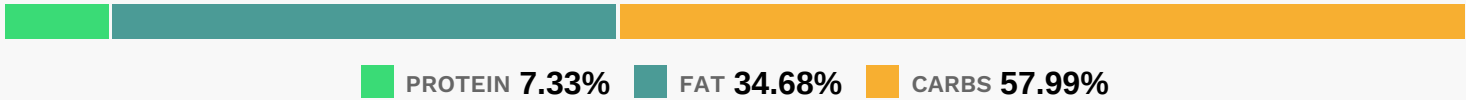
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ slow cooker

Directions

- ☐ Pour applesauce, maple syrup, brown sugar, cinnamon, salt, vanilla and maple extracts, hemp hearts, and chia seeds into a slow cooker. Stir until well combined; add oats and pecans and stir again.
- ☐ Cook the granola in the slow cooker on high for 3 hours, venting the lid slightly. If you smell the granola cooking, it's time to stir. Keep an eye on it or it will burn if not stirred occasionally.
- ☐ Pour the finished granola onto a baking sheet lined with parchment paper and allow to cool completely. Store in an airtight container and enjoy!

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:12.72, Inflammation Score:-5, Nutrition Score:14.802608725817%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 390.87kcal (19.54%), Fat: 15.78g (24.28%), Saturated Fat: 1.58g (9.84%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 51.54g (18.74%), Sugar: 26.88g (29.87%), Cholesterol: 0mg (0%), Sodium: 101.13mg (4.4%),

Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 7.5g (15%), Manganese: 2.73mg (136.64%), Fiber: 7.82g (31.29%), Magnesium: 94.65mg (23.66%), Copper: 0.47mg (23.53%), Phosphorus: 232.7mg (23.27%), Vitamin B1: 0.33mg (22.1%), Selenium: 12.46µg (17.8%), Zinc: 2.51mg (16.74%), Vitamin B2: 0.28mg (16.26%), Iron: 2.48mg (13.78%), Potassium: 434.75mg (12.42%), Vitamin B5: 0.82mg (8.15%), Vitamin B6: 0.14mg (7.22%), Calcium: 68.12mg (6.81%), Vitamin B3: 1.09mg (5.45%), Folate: 21.11µg (5.28%), Vitamin E: 0.46mg (3.04%), Vitamin K: 2.29µg (2.18%), Vitamin A: 52.01IU (1.04%)