



Maple Amaranth Granola



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup bob's mill amaranth red
- ☐ 0.5 cup rolled barley flakes gluten-free for option (see above)
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup blueberries dried (or a combination of fruits like cherries, cranberries, golden raisins)
- ☐ 1 egg white
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup maple syrup

- ☐ 1 cup old fashioned rolled oats
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 teaspoon powdered ginger
- ☐ 0.3 cup pumpkin seeds raw shelled ()
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat your oven to 325°F. In a large bowl, combine the amaranth, barley flakes, oats, pumpkin seeds, nuts, dried fruit, and brown sugar. In a small bowl, whisk together the maple syrup, vanilla, oil, salt and ginger.
- ☐ Add to the amaranth mixture and stir to combine. In the same small bowl, whisk the egg white until frothy.
- ☐ Pour into the granola and mix to combine. Line a rimmed baking sheet with foil or parchment paper and spray with non-stick spray.
- ☐ Spread the granola out onto the baking sheet and bake for 30–40 minutes, until slightly golden. Do not stir during baking, rotate baking sheet if needed to ensure even baking.
- ☐ Let cool completely and then break granola up into clusters. Store in an air-tight container for up to seven days.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:7.35, Inflammation Score:-3, Nutrition Score:9.8569564453286%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg

Nutrients (% of daily need)

Calories: 248.39kcal (12.42%), Fat: 9.36g (14.4%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 32.03g (11.65%), Sugar: 13.46g (14.95%), Cholesterol: 0mg (0%), Sodium: 85.31mg (3.71%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Protein: 5.87g (11.73%), Manganese: 1.5mg (75.03%), Fiber: 4.65g (18.6%), Magnesium: 68.83mg (17.21%), Phosphorus: 154.47mg (15.45%), Iron: 2.18mg (12.08%), Copper: 0.24mg (11.87%), Vitamin B2: 0.2mg (11.55%), Selenium: 6.4µg (9.14%), Vitamin B1: 0.12mg (7.97%), Zinc: 1.19mg (7.95%), Potassium: 277.96mg (7.94%), Vitamin E: 1.09mg (7.28%), Vitamin B6: 0.11mg (5.69%), Calcium: 49.69mg (4.97%), Folate: 19.45µg (4.86%), Vitamin B5: 0.38mg (3.78%), Vitamin B3: 0.45mg (2.27%), Vitamin K: 2.05µg (1.96%)