



## Maply & Honey Granola

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



579 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 10 servings coconut oil for greasing pan or parchment paper
- 10 servings fruit dried as needed
- 1 teaspoon ground cinnamon
- 0.3 cup blackstrap molasses (Carrie uses molasses)
- 0.5 teaspoon kosher salt
- 1.5 cups nuts mixed (I used pecans, walnuts and almonds)
- 4 cups rolled oats
- 0.5 cup maple pancake syrup

- 2 tablespoons sugar raw organic
- 0.5 cup sunflower seeds
- 0.5 cup coconut shredded sweetened
- 1 teaspoon vanilla

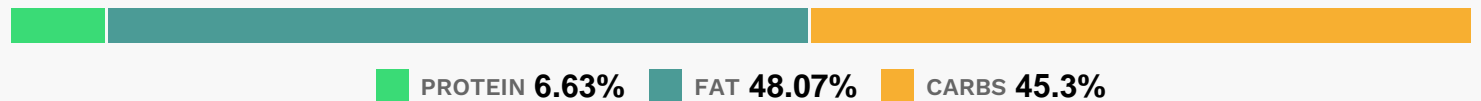
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 300 degrees F. Rub two large (13×18 inch) rimmed baking sheets with coconut oil or regular oil or skip the oil and use parchment.
- Mix all the ingredients together in a large bowl and spread evenly on the two baking sheets.
- Bake on the middle and lower racks, switching halfway through and stirring every 15 minutes, for about 40 to 45 minute or until granola is browned.
- Remove from oven and let it cool and crisp. Stir in dried fruit if using. Note: Carrie bakes hers one big sheet at 350 F. for about 30 minutes, stirring often. I prefer going slow and low at 300 F for about 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:16.07, Glycemic Load:11.47, Inflammation Score:-7, Nutrition Score:18.269565219465%

## Nutrients (% of daily need)

Calories: 579.34kcal (28.97%), Fat: 32.53g (50.04%), Saturated Fat: 15.29g (95.55%), Carbohydrates: 68.97g (22.99%), Net Carbohydrates: 60.97g (22.17%), Sugar: 24.5g (27.22%), Cholesterol: 0.63mg (0.21%), Sodium: 157.81mg (6.86%), Alcohol: 0.14g (100%), Alcohol %: 0.08% (100%), Protein: 10.09g (20.19%), Manganese: 2.05mg (102.47%), Magnesium: 144.23mg (36.06%), Copper: 0.7mg (35.09%), Fiber: 8g (32%), Phosphorus: 294.55mg (29.46%), Selenium: 15.29µg (21.85%), Vitamin B1: 0.31mg (20.83%), Iron: 3.43mg (19.05%), Zinc: 2.56mg (17.09%),

Vitamin E: 2.53mg (16.87%), Potassium: 535.85mg (15.31%), Vitamin B6: 0.27mg (13.73%), Vitamin B3: 2.51mg (12.54%), Folate: 39.13µg (9.78%), Vitamin B2: 0.15mg (8.74%), Vitamin B5: 0.85mg (8.53%), Vitamin A: 374.66IU (7.49%), Calcium: 63.95mg (6.39%), Vitamin K: 6.26µg (5.96%), Vitamin C: 2.83mg (3.43%)