



## Mostly Oats Granola

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



25

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 cup coconut or shredded
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 0.5 cup honey
- 0.8 cup peanuts
- 1 cup raisins
- 0.5 cup sunflower seeds raw
- 6 cups rolled oats

- 0.5 cup sesame seed
- 0.3 cup vegetable oil
- 0.3 cup water
- 1 cup wheat germ

## Equipment

- bowl
- baking sheet
- oven
- whisk

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Mix oats, coconut, wheat germ, peanuts, sunflower seeds, sesame seeds, cinnamon, and ginger together in a bowl.
- Whisk honey, oil, and water together in a separate bowl.
- Drizzle honey mixture over oat mixture; toss to coat.
- Spread mixture in a thin layer on baking sheets.
- Bake in the preheated oven for 10 minutes. Stir and bake another 5 minutes. Stir again and bake until granola is slightly browned, 3 to 5 more minutes. Cool granola and stir in raisins. Store in airtight containers.

## Nutrition Facts



**PROTEIN 10.49%** **FAT 41.34%** **CARBS 48.17%**

## Properties

Glycemic Index:9.41, Glycemic Load:10.08, Inflammation Score:-4, Nutrition Score:12.058260924466%

## Nutrients (% of daily need)

Calories: 223.39kcal (11.17%), Fat: 10.77g (16.57%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 23.91g (8.7%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 5.98mg (0.26%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Manganese: 1.67mg (83.47%), Vitamin B1: 0.28mg (18.51%), Phosphorus: 180.49mg (18.05%), Copper: 0.36mg (17.89%), Selenium: 12.49µg (17.85%), Fiber: 4.32g (17.29%), Magnesium: 68.47mg (17.12%), Zinc: 1.8mg (11.99%), Iron: 2.14mg (11.91%), Folate: 39.82µg (9.95%), Vitamin E: 1.28mg (8.53%), Vitamin B6: 0.17mg (8.46%), Vitamin B3: 1.69mg (8.43%), Potassium: 239.56mg (6.84%), Vitamin K: 5.77µg (5.49%), Vitamin B2: 0.09mg (5.29%), Calcium: 51.36mg (5.14%), Vitamin B5: 0.45mg (4.49%)