



Peanut Butter Cookie Granola



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



522 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.5 cup candy coated chocolates
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 cup coconut or flaked
- ☐ 1 cup cashews and macadamia nuts mixed
- ☐ 2.5 cups oats
- ☐ 16.5 oz roll peanut butter cookies refrigerated at room temperature pillsbury®
- ☐ 0.5 cup reese's pieces

☐ 0.3 cup cranberries dried sweetened

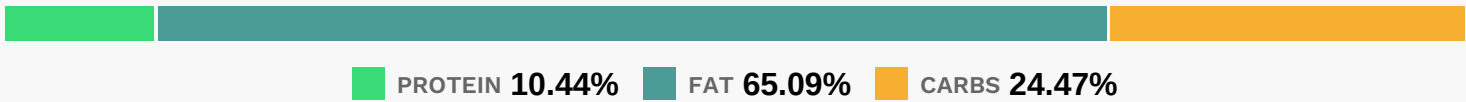
Equipment

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

Directions

- ☐ Preheat oven to 325°F. rub two large rimmed baking sheets lightly with oil or line with non-stick foil.In large bowl, mix cookie dough and cinnamon.
- ☐ Add oats, coconut and cinnamon; knead into dough until well blended.
- ☐ Add the nuts. Crumble mixture evenly on cookie sheets.
- ☐ Bake both cookie sheets at the same time 17 to 22 minutes, stirring every 5 minutes and rotating cookie sheets halfway through baking, until light golden brown. Cool completely on cookie sheets, about 30 minutes. Break granola into smaller pieces if necessary (I didn't) and toss it with the dried fruit and candy.

Nutrition Facts



Properties

Glycemic Index:6.58, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:17.533043695533%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 522.13kcal (26.11%), Fat: 39.94g (61.45%), Saturated Fat: 11.07g (69.2%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 26.68g (9.7%), Sugar: 13.49g (14.99%), Cholesterol: 1.3mg (0.43%), Sodium: 177.57mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Manganese: 2.04mg (101.95%), Vitamin E: 5.75mg (38.33%), Magnesium: 130.96mg (32.74%), Vitamin B3: 5.99mg (29.95%), Fiber: 7.11g (28.43%), Phosphorus: 274.19mg (27.42%), Copper: 0.45mg (22.6%), Vitamin B1: 0.29mg (19.02%), Zinc: 2.14mg (14.24%), Iron: 2.45mg (13.61%), Vitamin B6: 0.25mg (12.69%), Vitamin B2: 0.21mg (12.6%), Selenium: 8.53µg (12.18%), Potassium: 418.76mg (11.96%), Folate: 44.17µg (11.04%), Vitamin B5: 0.79mg (7.87%), Calcium: 71.03mg (7.1%)