



Peanut Butter Granola

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



15

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 15 servings bananas sliced
- 0.5 cup firmly brown sugar packed
- 0.3 cup butter
- 1 tablespoon plus light
- 0.5 cup creamy peanut butter
- 0.5 cup dry-roasted peanuts
- 3 cups regular oats uncooked
- 0.3 teaspoon salt

- 3 tablespoons sesame seed
- 0.5 cup coconut or sweetened flaked
- 15 servings vanilla yogurt

Equipment

- bowl
- frying pan
- sauce pan
- oven
- aluminum foil
- wax paper

Directions

- Preheat oven to 35
- Toss together oats, peanuts, coconut, and sesame seeds in a large bowl. Cook peanut butter, brown sugar, butter, corn syrup, and salt in a small saucepan over medium heat 3 minutes or until smooth. Stir peanut butter mixture into oat mixture until blended.
- Spread mixture in a single layer on a lightly greased, aluminum foil-lined 17- x 12-inch jelly-roll pan.
- Bake 20 minutes or until lightly golden, stirring after 10 minutes.
- Transfer to wax paper, and cool completely (about 20 minutes).
- Serve with vanilla yogurt and sliced bananas.

Nutrition Facts



PROTEIN 8.16% **FAT 32.63%** **CARBS 59.21%**

Properties

Glycemic Index:14.19, Glycemic Load:18.17, Inflammation Score:-5, Nutrition Score:12.913043528147%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 335.2kcal (16.76%), Fat: 12.93g (19.89%), Saturated Fat: 4.37g (27.31%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 46.55g (16.93%), Sugar: 25.86g (28.74%), Cholesterol: 8.18mg (2.73%), Sodium: 135.16mg (5.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.55%), Manganese: 1.24mg (62.04%), Vitamin B6: 0.55mg (27.32%), Fiber: 6.23g (24.92%), Magnesium: 87.08mg (21.77%), Potassium: 626.64mg (17.9%), Phosphorus: 157.64mg (15.76%), Copper: 0.31mg (15.36%), Vitamin B3: 2.99mg (14.96%), Vitamin C: 10.97mg (13.3%), Folate: 45.85µg (11.46%), Selenium: 7.86µg (11.22%), Vitamin B1: 0.16mg (10.37%), Iron: 1.61mg (8.92%), Vitamin B2: 0.15mg (8.55%), Zinc: 1.26mg (8.4%), Vitamin B5: 0.79mg (7.85%), Vitamin E: 1.07mg (7.13%), Calcium: 48.64mg (4.86%), Vitamin A: 175.76IU (3.52%), Vitamin K: 1.25µg (1.19%)