



Peanut Butter Granola

READY IN



240 min.

SERVINGS



12

CALORIES



639 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons brewers' yeast
- 0.8 cup canola oil
- 1 cup coconut or shredded
- 1 cup milk powder dry
- 1 cup peanut butter unsalted
- 9 cups rolled oats
- 0.5 teaspoon salt to taste
- 1.5 cups walnuts chopped
- 0.5 cup water

- 0.8 cup sugar white
- 0.8 cup flour whole wheat

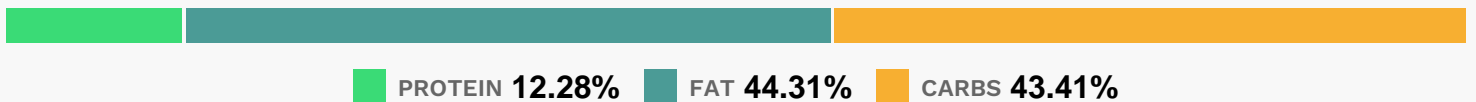
Equipment

- baking sheet
- sauce pan
- oven
- mixing bowl

Directions

- Preheat an oven to 300 degrees F (150 degrees C).
- Combine the oats, flour, walnuts, yeast, salt, milk powder, and coconut in a large mixing bowl; set aside. Stir the sugar, water, canola oil, and peanut butter together in a small saucepan over low heat until the sugar has dissolved and the mixture is hot and smooth.
- Pour the peanut butter over the oats and stir until evenly combined.
- Spread out onto 4 baking sheets.
- Bake in the preheated oven for 45 minutes, stirring every 15 minutes. Turn the oven off and allow the granola to cool in the oven until dry, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:24.83, Inflammation Score:-7, Nutrition Score:24.552608857984%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 639.25kcal (31.96%), Fat: 32.66g (50.25%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 72g (24%), Net Carbohydrates: 61.9g (22.51%), Sugar: 20.26g (22.51%), Cholesterol: 10.35mg (3.45%), Sodium: 152.02mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.73%), Manganese: 3.43mg (171.6%), Phosphorus: 489.03mg (48.9%), Magnesium: 167.4mg (41.85%), Fiber: 10.1g (40.4%), Selenium: 26.29µg (37.56%), Vitamin B1:

0.53mg (35.61%), Copper: 0.65mg (32.43%), Zinc: 4.08mg (27.21%), Vitamin B3: 4.96mg (24.82%), Iron: 4.32mg (24.02%), Vitamin B2: 0.4mg (23.62%), Vitamin B6: 0.4mg (20.03%), Vitamin E: 2.94mg (19.57%), Folate: 78.08µg (19.52%), Potassium: 664.37mg (18.98%), Calcium: 159.91mg (15.99%), Vitamin B5: 1.3mg (13%), Vitamin D: 1.12µg (7.47%), Vitamin B12: 0.37µg (6.19%), Vitamin K: 4.06µg (3.87%), Vitamin A: 103.23IU (2.06%), Vitamin C: 1.33mg (1.61%)