



Peanut Butter Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup almond flour
- ☐ 1.5 cup buckwheat kernels raw
- ☐ 2 tbsp crunchy natural peanut butter
- ☐ 0.3 cup dates pitted
- ☐ 2 tsp ground cinnamon
- ☐ 3 pinches sea salt flakes
- ☐ 0.5 cup sunflowers seeds
- ☐ 0.8 cup water

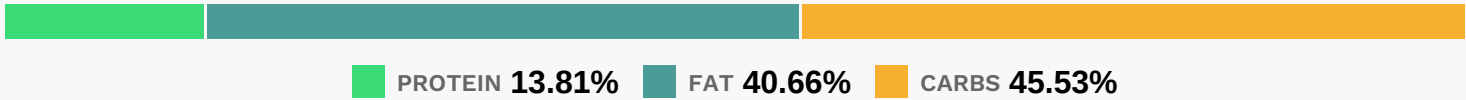
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 300F/150C.
- ☐ Line baking sheet with parchment paper.
- ☐ Blend dates and water to smooth syrup consistency. (If your dates are quite firm or you are working with a lower power blender, presoak the dates in the water until malleable.)
- ☐ Add peanut butter, cinnamon and salt. Blend to smooth consistency.
- ☐ Add the almond meal, buckwheat and sunflower seeds to the paste and hand mix until all dry ingredients are coated.
- ☐ Spread the mixture in one even layer over the parchment sheet.
- ☐ Bake for 15 minutes, remove and flip once. (When flipping the granola will break into clusters – fine and normal.) Return to the oven for another 5 minutes, watching closely to ensure the edges do not burn.
- ☐ Remove and cool completely on the baking sheet, the granola will crisp up significantly as it cools.
- ☐ Store in an air tight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:19.7, Inflammation Score:-5, Nutrition Score:12.379565124278%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 421.47kcal (21.07%), Fat: 20.13g (30.97%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 40.8g (14.84%), Sugar: 7.52g (8.36%), Cholesterol: 0mg (0%), Sodium: 266.23mg (11.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.77%), Manganese: 0.99mg (49.29%), Fiber: 10.07g (40.26%), Magnesium: 133.21mg (33.3%), Copper: 0.63mg (31.37%), Vitamin B3: 4.59mg (22.97%), Phosphorus: 204.07mg (20.41%), Vitamin B2: 0.23mg (13.57%), Iron: 2.07mg (11.48%), Potassium: 350.46mg (10.01%), Zinc: 1.45mg (9.69%), Vitamin B5: 0.76mg (7.61%), Vitamin B6: 0.15mg (7.58%), Selenium: 5.08µg (7.26%), Calcium: 62.75mg (6.28%), Folate: 23.09µg (5.77%), Vitamin B1: 0.06mg (4.24%), Vitamin E: 0.43mg (2.88%)