



Simple Homemade Granola



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



3

CALORIES



602 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup crisped rice cereal
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 cup milled flax seed
- ☐ 2 cups oats whole instant (not)
- ☐ 0.5 cup pecans chopped

- ☐ 3 servings salt
- ☐ 1 teaspoon vanilla
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

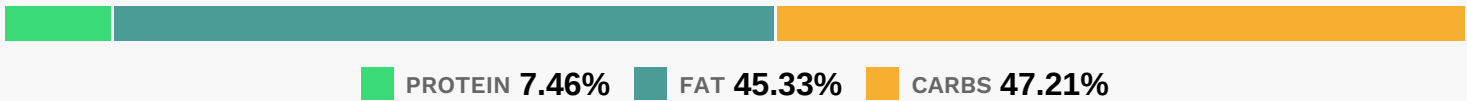
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ In a large bowl, whisk together the cinnamon, ginger, 1/4 teaspoon salt, honey, oil, maple syrup, water, and vanilla together.
- ☐ Add in the oats, pecans, rice cereal, and wheat germ. Toss to coat completely.
- ☐ Spread the granola out on a baking sheet lined with parchment and bake until dry and crisp, but not yet browned, 30 to 35 minutes, stirring once or twice. Allow to cool completely before storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:58.59, Glycemic Load:24.92, Inflammation Score:-6, Nutrition Score:20.503478051528%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate:

0.42mg

Nutrients (% of daily need)

Calories: 601.75kcal (30.09%), Fat: 31.36g (48.24%), Saturated Fat: 3.62g (22.61%), Carbohydrates: 73.47g (24.49%), Net Carbohydrates: 61.79g (22.47%), Sugar: 26.9g (29.89%), Cholesterol: 0mg (0%), Sodium: 204.07mg (8.87%), Alcohol: 0.46g (100%), Alcohol %: 0.4% (100%), Protein: 11.61g (23.21%), Manganese: 3.78mg (189.08%), Fiber: 11.68g (46.74%), Vitamin B1: 0.61mg (40.69%), Magnesium: 154.77mg (38.69%), Phosphorus: 363.55mg (36.35%), Copper: 0.62mg (30.79%), Selenium: 20.42µg (29.17%), Zinc: 3.58mg (23.88%), Iron: 3.89mg (21.64%), Vitamin B2: 0.32mg (18.64%), Vitamin K: 19.39µg (18.46%), Potassium: 435.25mg (12.44%), Calcium: 105.2mg (10.52%), Folate: 38.23µg (9.56%), Vitamin B5: 0.91mg (9.15%), Vitamin E: 1.3mg (8.66%), Vitamin B6: 0.16mg (8.24%), Vitamin B3: 1.43mg (7.15%)