



 **51%**
HEALTH SCORE

Surfer's Granola

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1595 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup almonds raw coarsely chopped
- 1 tablespoon flaxseeds
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 cup honey
- 0.8 teaspoon kosher salt divided
- 2 tablespoons brown sugar light packed ()
- 2 servings fruit fresh thinly sliced

- 0.3 cup millet
- 2 cups oats
- 4 tablespoons olive oil extra virgin extra-virgin divided
- 0.5 cup raisins
- 0.3 cup pumpkin seeds raw shelled (pepitas)
- 0.3 cup sunflower seeds raw
- 1 tablespoon sugar
- 2 servings yogurt

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- wire rack

Directions

- Heat oven to 300°F.
- Mix oats, millet and flaxseeds (if using), 1/4 teaspoon salt, cinnamon, and ginger in a medium bowl.
- Add 1 cup hot tap water.
- Mix thoroughly and let stand for 15 minutes to soften oats.
- Bring honey, 2 tablespoons oil, and brown sugar to a boil in a small saucepan, stirring to dissolve sugar.
- Add honey mixture to oat mixture in bowl and toss to coat.
- Spread out in an even layer on a large rimmed baking sheet.
- Bake oat mixture, stirring 2-3 times, until dark golden brown, 50-60 minutes.
- Place sheet on a wire rack and let oat mixture cool completely.
- Increase oven temperature to 350°F.

- Mix remaining 1/2 teaspoon salt, remaining 2 tablespoons oil, almonds, pumpkin and sunflower seeds, and sugar in a medium bowl.
- Spread in an even layer on another rimmed baking sheet.
- Bake, stirring occasionally, until golden brown, 10–12 minutes.
- Place sheet on a wire rack and let nut mixture cool completely.
- Combine oat mixture, nut mixture, and raisins in a large bowl. **DO AHEAD:** Granola can be made 1 week ahead. Store airtight at room temperature.
- Serve granola in bowls with yogurt and sliced fresh fruit.

Nutrition Facts



■ **PROTEIN 8.44%**
■ **FAT 43.18%**
■ **CARBS 48.38%**

Properties

Glycemic Index: 194.08, Glycemic Load: 74.93, Inflammation Score: -9, Nutrition Score: 49.003043685513%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1594.55kcal (79.73%), Fat: 80.32g (123.57%), Saturated Fat: 9.19g (57.44%), Carbohydrates: 202.48g (67.49%), Net Carbohydrates: 176.76g (64.28%), Sugar: 81.36g (90.4%), Cholesterol: 0.13mg (0.04%), Sodium: 905.86mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.65%), Manganese: 5.98mg (298.78%), Vitamin E: 26.23mg (174.85%), Magnesium: 460.5mg (115.12%), Fiber: 25.72g (102.87%), Phosphorus: 1018.48mg (101.85%), Copper: 1.89mg (94.58%), Vitamin B1: 1.09mg (72.34%), Vitamin B2: 1.03mg (60.72%), Selenium: 41.44µg (59.21%), Iron: 10.48mg (58.2%), Zinc: 7.54mg (50.25%), Potassium: 1463.78mg (41.82%), Vitamin B3: 7.56mg (37.79%), Vitamin B6: 0.7mg (34.9%), Folate: 136.86µg (34.22%), Calcium: 260.3mg (26.03%), Vitamin K: 25.31µg (24.1%), Vitamin B5: 1.88mg (18.79%), Vitamin A: 373.82IU (7.48%), Vitamin C: 5.42mg (6.57%)