



Toasted Barley and Berry Granola



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups rolled barley flakes
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup pumpkinseed kernels unsalted
- ☐ 0.3 cup blueberries dried
- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sunflower seed kernels unsalted
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup wheat germ toasted

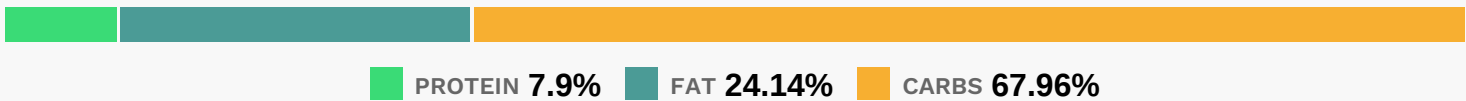
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 325
- ☐ Place pumpkinseed kernels and sunflower seed kernels on a baking sheet lined with parchment paper.
- ☐ Bake at 325 for 5 minutes. Cool seeds in pan on a wire rack.
- ☐ Combine syrup and next 6 ingredients (through cardamom) in a medium bowl. Stir in toasted kernels, barley, and wheat germ.
- ☐ Spread barley mixture in a single layer on a baking sheet lined with parchment paper.
- ☐ Bake at 325 for 25 minutes or until lightly browned, stirring every 10 minutes.
- ☐ Remove from oven; cool granola in pan on a wire rack. Stir in dried blueberries and dried cranberries. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:4.9469564715805%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 160.82kcal (8.04%), Fat: 4.53g (6.97%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 25.27g (9.19%), Sugar: 12.37g (13.74%), Cholesterol: 0mg (0%), Sodium: 62.07mg (2.7%), Alcohol: 0.17g (100%), Alcohol %: 0.48% (100%), Protein: 3.34g (6.67%), Manganese: 0.63mg (31.46%), Fiber: 3.45g (13.79%), Vitamin E: 1.47mg (9.79%), Vitamin B2: 0.14mg (8.24%), Vitamin B1: 0.09mg (6.28%), Selenium: 3.45µg (4.92%), Iron: 0.87mg (4.81%), Magnesium: 17.65mg (4.41%), Potassium: 148.69mg (4.25%), Phosphorus: 40.69mg (4.07%), Copper: 0.07mg (3.73%), Vitamin B6: 0.07mg (3.62%), Folate: 14.36µg (3.59%), Zinc: 0.52mg (3.45%), Vitamin B3: 0.46mg (2.31%), Calcium: 18.98mg (1.9%), Vitamin K: 1.97µg (1.88%), Vitamin B5: 0.11mg (1.08%)