



Trail Mix with Honey-Oatmeal Clusters

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup coconut or shredded
- 3 cups fruit mixed dried
- 1 tablespoon ground cinnamon
- 1 tablespoon honey
- 2 cups nuts mixed
- 1 cup peanut butter m&m's
- 0.5 cup raisins
- 1 cup rolled oats

- 0.5 cup sunflower seeds
- 2 tablespoons vegetable oil
- 0.3 cup wheat germ

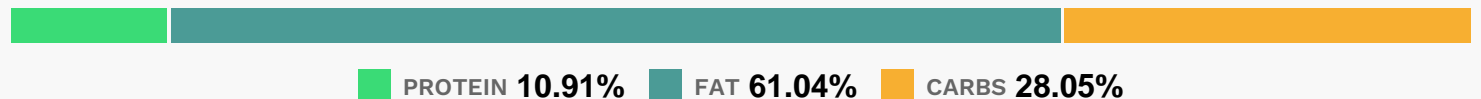
Equipment

- baking sheet
- oven

Directions

- Preheat the oven to 300 degrees F. Mist a baking sheet with cooking spray. Toss the oats with 2 tablespoons water, the vegetable oil, wheat germ and honey. Form small clusters of the mixture on the baking sheet and bake until crisp, about 15 minutes.
- Add the mixed dried fruit to the baking sheet, sprinkle with the cinnamon and bake 3 to 5 more minutes.
- Let cool, then toss with the nuts, sunflower seeds, raisins, coconut and M&M's. Store in an airtight container.
- Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:32.59, Glycemic Load:12.57, Inflammation Score:-7, Nutrition Score:24.000434664281%

Nutrients (% of daily need)

Calories: 629.01kcal (31.45%), Fat: 45.6g (70.15%), Saturated Fat: 8.33g (52.07%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 37.06g (13.48%), Sugar: 13.38g (14.87%), Cholesterol: 0mg (0%), Sodium: 149.71mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.66%), Manganese: 2.53mg (126.59%), Magnesium: 200.47mg (50.12%), Copper: 0.91mg (45.57%), Vitamin E: 6.29mg (41.96%), Phosphorus: 416.26mg (41.63%), Fiber: 10.08g (40.32%), Vitamin B3: 7.28mg (36.37%), Vitamin B1: 0.38mg (25.41%), Zinc: 3.61mg (24.07%), Vitamin B6: 0.46mg (22.85%), Iron: 3.74mg (20.78%), Potassium: 719.81mg (20.57%), Folate: 81.12µg (20.28%), Selenium: 12.24µg (17.48%), Vitamin B2: 0.23mg (13.42%), Vitamin B5: 1.15mg (11.54%), Calcium: 91.92mg (9.19%), Vitamin K: 9.21µg (8.78%), Vitamin C: 1.15mg (1.39%)