



## Tropical Granola



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



740 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.7 cup banana chips dried
- ☐ 0.3 cup coconut oil
- ☐ 3 tablespoons golden flax
- ☐ 0.8 cup tropical fruit dried chopped (from bulk bin)
- ☐ 2 tablespoons honey
- ☐ 0.3 cup brown sugar light
- ☐ 0.3 cup non-fat milk dry
- ☐ 1.7 cups old fashioned oats

- ☐ 0.3 cup sunflower seeds
- ☐ 0.3 cup coconut or unsweetened sweetened flaked
- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup walnuts roughly chopped your favorite
- ☐ 2 tablespoons water

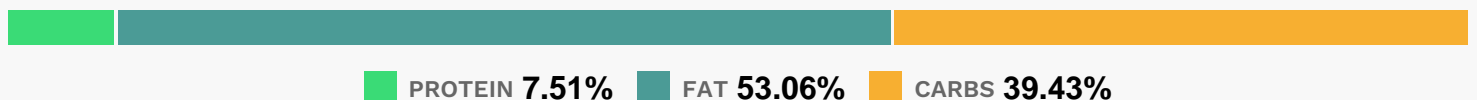
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 250 degrees F. Line a large rimmed baking sheet with nonstick foil. In a large mixing bowl, combine the oats, flour, hemp seeds, flax, dry milk, coconut, and salt. Stir well, and then add the walnuts. In a microwave-safe glass measuring cup or bowl, mix the coconut oil, honey, brown sugar and water.
- ☐ Heat for about 30 seconds or just until mixture boils. Keep an eye on it so it doesn't boil over. Stir well, then stir in vanilla.
- ☐ Pour over oat mixture and stir until very well mixed. Stir in the banana chips. Empty onto baking sheet and spread it evenly across.
- ☐ Bake at 250 degrees for 45 to 53 minutes, stirring every 15 minutes.
- ☐ Remove from the oven and let cool completely. It will crisp as it cools.
- ☐ Add chopped dried fruit. Makes about 4 cups.

## Nutrition Facts



## Properties

Glycemic Index:46.57, Glycemic Load:12.86, Inflammation Score:-7, Nutrition Score:23.016086764958%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg

Nutrients (% of daily need)

Calories: 739.5kcal (36.98%), Fat: 45.77g (70.42%), Saturated Fat: 20.8g (129.99%), Carbohydrates: 76.54g (25.51%), Net Carbohydrates: 66.2g (24.07%), Sugar: 42.06g (46.74%), Cholesterol: 1.5mg (0.5%), Sodium: 56.65mg (2.46%), Alcohol: 0.34g (100%), Alcohol %: 0.22% (100%), Protein: 14.57g (29.14%), Manganese: 2.73mg (136.38%), Copper: 0.85mg (42.26%), Phosphorus: 415.87mg (41.59%), Magnesium: 165.98mg (41.49%), Fiber: 10.34g (41.35%), Vitamin B1: 0.53mg (35.26%), Selenium: 20.73µg (29.61%), Vitamin E: 3.34mg (22.24%), Zinc: 3.24mg (21.63%), Iron: 3.64mg (20.23%), Vitamin B6: 0.4mg (19.85%), Potassium: 643.94mg (18.4%), Calcium: 181.69mg (18.17%), Folate: 65.34µg (16.33%), Vitamin B2: 0.27mg (15.69%), Vitamin B5: 1.12mg (11.2%), Vitamin B3: 1.97mg (9.84%), Vitamin A: 317.96IU (6.36%), Vitamin D: 0.82µg (5.5%), Vitamin B12: 0.3µg (5.04%), Vitamin K: 3.92µg (3.74%), Vitamin C: 2.96mg (3.59%)