

Vegan Granola



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



7

CALORIES



1030 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup coconut oil
- ☐ 7 servings coconut oil = any flavor oil neutral
- ☐ 0.8 cup cranberries dried
- ☐ 7 servings cranberries/raisins = any other fruit dried
- ☐ 1.5 cups hazelnuts roughly chopped
- ☐ 3 tablespoons maple syrup

- ☐ 7 servings maple syrup = agave/honey
- ☐ 7 servings a combination of nuts and seeds
- ☐ 4 cups quick-cooking oats
- ☐ 7 servings oats = spelt/quinoa flakes
- ☐ 0.8 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup coconut or unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat the oven to 300F/150C for 15 minutes. In a large bowl, mix together the oats, coconut, hazelnuts, brown sugar, salt and cinnamon.
- ☐ Heat the oil and maple syrup in the microwave oven for 20 seconds.
- ☐ Pour it over the oat mixture.
- ☐ Add the vanilla extract and stir until all the ingredients are combined well.
- ☐ Spread the granola onto a 9×13-inch baking pan. (See My Notes)
- ☐ Bake for 40 minutes, stirring every 10 minutes.
- ☐ Place the pan on a wire rack, stir in the dried fruits, and push the granola to one side of the pan while cooling. This ensures that the granola will cool in large clusters. Keeps well for a month if stored in an airtight container.

Nutrition Facts



 **PROTEIN 6.19%**  **FAT 49.52%**  **CARBS 44.29%**

Properties

Glycemic Index:41.5, Glycemic Load:33.05, Inflammation Score:-8, Nutrition Score:27.583478326383%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1029.72kcal (51.49%), Fat: 60.17g (92.56%), Saturated Fat: 25.23g (157.69%), Carbohydrates: 121.06g (40.35%), Net Carbohydrates: 106.67g (38.79%), Sugar: 57.48g (63.87%), Cholesterol: 0mg (0%), Sodium: 191.38mg (8.32%), Alcohol: 0.2g (100%), Alcohol %: 0.08% (100%), Protein: 16.92g (33.84%), Manganese: 5.15mg (257.73%), Magnesium: 258.74mg (64.68%), Copper: 1.2mg (59.93%), Fiber: 14.39g (57.56%), Phosphorus: 462.83mg (46.28%), Vitamin B1: 0.53mg (35.43%), Vitamin B2: 0.6mg (35.27%), Iron: 5.71mg (31.74%), Vitamin E: 4.51mg (30.08%), Selenium: 17.86µg (25.52%), Potassium: 880.09mg (25.15%), Zinc: 3.74mg (24.92%), Vitamin B6: 0.36mg (17.91%), Folate: 62.44µg (15.61%), Vitamin B3: 3.04mg (15.22%), Calcium: 132.54mg (13.25%), Vitamin K: 11.81µg (11.25%), Vitamin B5: 1.08mg (10.81%), Vitamin A: 368.36IU (7.37%), Vitamin C: 5.31mg (6.44%)