

Wholesome Morning Granola



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



635 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 cup apple juice
- ☐ 0.3 cup blueberries dried
- ☐ 0.3 cup honey
- ☐ 0.5 cup oat bran
- ☐ 4 cups regular oats
- ☐ 0.8 cup pineapple juice
- ☐ 2 cups rice cereal (such as Arrowhead Mills)

- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 3 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Combine the juices in a small saucepan. Bring to a boil; cook until reduced to 2/3 cup.
- ☐ Remove from heat; stir in honey. Slowly pour juice mixture over oat mixture, tossing to coat.
- ☐ Spread oat mixture evenly onto a jelly roll pan coated with cooking spray.
- ☐ Bake at 325 for 40 minutes or until golden, stirring occasionally. Cool slightly; stir in blueberries. Cool completely, and store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:35.97, Inflammation Score:-7, Nutrition Score:23.092173682121%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 634.72kcal (31.74%), Fat: 12.61g (19.4%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 123.15g (41.05%), Net Carbohydrates: 109.31g (39.75%), Sugar: 44.15g (49.06%), Cholesterol: 0mg (0%), Sodium: 42.01mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.01%), Manganese: 4.29mg (214.4%), Fiber: 13.84g (55.37%), Phosphorus: 498.48mg (49.85%), Selenium: 33.38µg (47.69%), Magnesium: 178.35mg (44.59%), Vitamin B1: 0.64mg (42.35%), Iron: 5.37mg (29.86%), Copper: 0.53mg (26.65%), Zinc: 3.88mg (25.86%), Potassium: 647.21mg (18.49%), Vitamin B2: 0.27mg (16.07%), Folate: 59.36µg (14.84%), Vitamin E: 1.99mg (13.24%), Vitamin B5: 1.23mg (12.28%), Vitamin B3: 1.8mg (8.98%), Vitamin B6: 0.17mg (8.59%), Calcium: 83.92mg (8.39%), Vitamin C: 4.81mg (5.83%), Vitamin K: 2.24µg (2.14%)