



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Paleo Dehydrated Chocolate Granola with Strawberries ✦

This Paleo Dehydrated Chocolate Granola with Strawberries is a delicious and healthy breakfast option. It is made with natural ingredients and is free from grains, dairy, and refined sugars. The granola is dehydrated to give it a crunchy texture, and the addition of strawberries adds a burst of freshness. Enjoy this granola with your favorite dairy-free milk or yogurt for a nutritious start to your day.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 180 mins

**Total Time:** 195 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

|              |                |
|--------------|----------------|
| <b>200 g</b> | Almond flour   |
| <b>100 g</b> | Coconut Flakes |
| <b>50 g</b>  | cacao powder   |

|       |              |
|-------|--------------|
| 50 g  | Chia Seeds   |
| 100 g | maple syrup  |
| 50 g  | coconut oil  |
| 100 g | Strawberries |

## Directions

---

### Step 1

In a large mixing bowl, combine almond flour, coconut flakes, cacao powder, and chia seeds.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Stove

In a small saucepan, melt coconut oil over low heat. Add maple syrup and stir until well combined.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

### Step 3

Pour the liquid mixture into the dry ingredients and mix well until everything is evenly coated.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

---

## Step 4

Dehydrating

Spread the mixture evenly onto a dehydrator tray and dehydrate at 115°F for 3 hours or until crispy.

**Prep Time:** 2 mins

**Cook Time:** 127 mins

---

## Step 5

Once the granola is completely dehydrated, remove from the dehydrator and let it cool.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

Add chopped strawberries to the cooled granola and mix well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 5 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 5 g   | 29.41%                 | 29.41%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 15 g  | 27.27%                 | 30%                      |
| Fibers        | 7 g   | 18.42%                 | 28%                      |
| Sugars        | 5 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

### Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g  | N/A                    | N/A                      |
| Saturated Fat       | 5 g   | 22.73%                 | 29.41%                   |
| Fat                 | 20 g  | 71.43%                 | 80%                      |
| Cholesterol         | 0 mg  | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A   | 0 iu  | 0%                     | 0%                       |
| Vitamin C   | 30 mg | 33.33%                 | 40%                      |
| Vitamin B6  | 0 mg  | 0%                     | 0%                       |
| Vitamin B12 | 0 mcg | 0%                     | 0%                       |
| Vitamin E   | 10 mg | 66.67%                 | 66.67%                   |
| Vitamin D   | 0 mcg | 0%                     | 0%                       |

## Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sodium   | 5 mg  | 0.22%                  | 0.22%                    |
| Calcium  | 4 mg  | 0.4%                   | 0.4%                     |
| Iron     | 10 mg | 125%                   | 55.56%                   |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 200 mg | 5.88%                  | 7.69%                    |
| Zinc      | 4 mg   | 36.36%                 | 50%                      |
| Selenium  | 2 mcg  | 3.64%                  | 3.64%                    |

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Thanksgiving

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Sugar-Free High Vitamin C  
High Iron High Calcium

### Kitchen Tools

Blender

### Course

Salads Soups Snacks

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)