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Power Granola ^{••}

Power Granola is a vegan and gluten-free breakfast option that provides a healthy and nutritious start to your day. It is made with a combination of oats, nuts, seeds, and dried fruits, providing a good source of fiber, protein, and essential vitamins and minerals. This recipe is easy to prepare and can be customized with your favorite ingredients.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Rolled Oats
100 g	almonds
50 g	Pumpkin Seeds
50 g	Sunflower Seeds
50 g	dried cranberries

100 g	maple syrup
50 g	coconut oil
1 tsp	Cinnamon
1 tsp	vanilla extract

Directions

Step 1

Preheating

Preheat the oven to 325°F (160°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the rolled oats, almonds, pumpkin seeds, sunflower seeds, and dried cranberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

In a small saucepan, heat the maple syrup, coconut oil, cinnamon, and vanilla extract over low heat until melted and well combined.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

Pour the maple syrup mixture over the dry ingredients and mix well to coat evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Spread the mixture evenly onto a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 20 mins

Step 6

Baking

Bake in the preheated oven for 20-25 minutes, or until golden brown, stirring once halfway through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

Remove from the oven and let cool completely. The granola will become crisp as it cools.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Once cooled, break the granola into clusters and store in an airtight container.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 13 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	13 g	23.64%	26%
Fibers	3 g	7.89%	12%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	2 mg	0.06%	0.08%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Snack

Difficulty Level

Easy

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