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Granola [•]

Granola is a popular breakfast food and snack made from rolled oats, nuts, honey, and other ingredients. It is typically baked until crispy and can be enjoyed with milk, yogurt, or on its own. This recipe provides a basic granola recipe that can be customized with your favorite ingredients.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	Rolled Oats
100 g	almonds
50 g	Pumpkin Seeds
100 g	honey
50 g	coconut oil

2 tsp	vanilla extract
1 tsp	Cinnamon
0.5 tsp	Salt

Directions

Step 1

Preheating

Preheat the oven to 325°F (163°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the rolled oats, almonds, pumpkin seeds, cinnamon, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

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

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Mixing

Pour the honey mixture over the dry ingredients and mix until well coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

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

Prep Time: 5 mins

Cook Time: 20 mins

Step 6

Baking

Bake for 20-25 minutes, stirring halfway through, until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

Remove from the oven and let cool completely before storing in an airtight container.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
Sugars	15 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	3 g	13.64%	17.65%
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	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	150 mg	6.52%	6.52%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter

Events

Christmas

New Year

Graduation

Barbecue

Picnic

Meal Type

Breakfast

Brunch

Snack

Supper

Nutritional Content

Low Calorie

Low Fat

High Fiber

Kitchen Tools

Blender

Slow Cooker

Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

Cost

\$10 to \$20

Difficulty Level

Easy

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