



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Honey and Oat Granola · ·

Honey and Oat Granola is a delicious and nutritious breakfast option. It is made with rolled oats, honey, and various nuts and seeds. It can be enjoyed with yogurt, milk, or as a topping for smoothie bowls. This recipe is not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

300 g	Rolled Oats
100 g	honey
50 g	almonds
50 g	Cashews
30 g	Pumpkin Seeds

30 g	Sunflower Seeds
1 tsp	cinnamon
1 tsp	vanilla extract
2 tbsp	coconut oil
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, cashews, pumpkin seeds, sunflower 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

Stirring

Pour the honey mixture over the oat mixture and stir until well coated.

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: 30 mins

Step 6

Cooling

Remove from the oven and let cool completely. Break into clusters.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 45 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	45 g	81.82%	90%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	4 g	18.18%	23.53%
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	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	250 mg	7.35%	9.62%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Stove

Microwave

Course

Appetizers

Difficulty Level

Easy

Visit our website: healthdor.com