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## Super Granola ♦♦

Super Granola is a vegetarian recipe that is packed with nutritious ingredients. It is a delicious and healthy option for breakfast or a snack. The recipe combines oats, nuts, seeds, and dried fruits to create a crunchy and flavorful granola.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>300 g</b>	Rolled Oats
<b>100 g</b>	almonds
<b>50 g</b>	Pumpkin Seeds
<b>50 g</b>	dried cranberries
<b>100 g</b>	honey

<b>50 g</b>	coconut oil
<b>1 tsp</b>	Cinnamon
<b>1 tsp</b>	vanilla extract

## Directions

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### Step 1

#### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### 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

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## Step 4

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Baking

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

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 6

Baking

Bake in the preheated oven for 20-25 minutes, or until golden brown. Stir the granola halfway through baking to ensure even cooking.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 7

Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Once cooled, transfer the granola to an airtight container for storage. It can be kept at room temperature for up to 2 weeks.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 24 g

**Protein:** 8 g

**Carbohydrates: 40 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	24 g	85.71%	96%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

# Recipe Attributes

## Seasonality

Spring

## Events

Christmas

Picnic

## Course

Drinks

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Desserts

## Nutritional Content

Low Calorie

Low Fat

Low Sodium

High Iron

## Kitchen Tools

Blender

Air Fryer

## Meal Type

Brunch

Snack

Supper

## Difficulty Level

Medium

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