

Seed & Soul Crunch Granola

🕒 80 min 👤 10 servings

Per serving: 375 Kcal 10g Protein 24g Fat 36g Carbs

Ingredients

- Egg white, 1 4/5 each (28 g)
- Cinnamon powder, 2 tsp (5 g)
- Cranberries, blueberries **optional**, 3/4 cup (94.7 g)
- Orange or Lemon zest (**optional**), 1 teaspoon (1.9 g)
- Oats (**gluten free optional**), 150 g (150 g)
- Pumpkin seeds, 100 g (100 g)
- Brazil nuts, 70 g (70 g)
- Sunflower seeds, 100 serving (100 g)
- Olive oil, 100 ml (100 g)
- Sea salt, 1/2 pinch (0.1 g)
- Pecans nuts, 70 servings (70 g)
- Dark chocolate (**optional**) - cut into small pieces, 4 portion (100 g)



Instructions

1. Preheat your oven to 160°C. Prepare your oven-tray with baking paper.
2. Mix all dry ingredients in a large bowl, combine the oats, lemon and orange zest (**optional**), sunflower seeds, hazelnuts, pumpkin seeds, dried cranberries and/or blueberries (**optional**), cinnamon, and sea salt.
3. Pour in the oil, the white egg, maple syrup and/or honey (**optional**). Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
4. Mix it all well. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer.
5. Spread the granola mixture evenly on the baking tray. Bake for 50 minutes until lightly golden, stirring occasionally to ensure even cooking and prevent burning!
6. **Optional**, after 25 minutes in the oven, we can *add the coconut flakes, mix it again !

7. Allow the granola to cool down completely (2 hours) and **add the dark chocolate bits (optional). And then, transfer it to a container.

Comments

Serving - SUGGESTION

Enjoy this granola with natural coconut yogurt (chose per your taste), dark chocolate pieces, fresh seasonal berries or any other fruit (mango, papaya, kiwi, etc).

Be creative and enjoy !

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	3750.6	457.6	375.1
Protein [g]	96.5	11.8	9.7
Fat [g]	237	28.9	23.7
Carbs [g]	359.1	43.8	35.9
Fiber [g]	53.6	6.5	5.4
Net Carbs [g]	305.5	37.3	30.6



10 % Protein 54 % Fat 36 % Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	567	69.2	56.7
Iron, Fe [mg]	29.6	3.6	3
Magnesium, Mg [mg]	1354.4	165.2	135.4
Phosphorus, P [mg]	2971.5	362.5	297.2
Potassium, K [mg]	3095.5	377.7	309.6
Sodium, Na [mg]	248.4	30.3	24.8
Zinc, Zn [mg]	24.4	3	2.4
Vitamin A, RAE [ug]	54.6	6.7	5.5
Vitamin E [mg]	51.9	6.3	5.2
Vitamin D [ug]	0.6	0.1	0.1
Vitamin C [mg]	11.4	1.4	1.1

Thiamin [mg]	3,4	0,4	0,3
Riboflavin [mg]	2,3	0,3	0,2
Niacin [mg]	17,8	2,2	1,8
Vitamin B6 [mg]	2,3	0,3	0,2
Vitamin B12 [ug]	0,2	0	0
Vitamin K [ug]	31,5	3,8	3,2