

Crunchy Quinoa Granola

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/quinoa-indian-slowcooker-recipe>

Ingredients:

- 3/4 cup quinoa
- 2 1/2 cups rolled oats
- 1 cup chopped almonds
- 1/2 cup pepitas
- 1/2 cup coconut shaved
- 1/4 cup brown sugar
- 1 teaspoon canela
- 1/2 teaspoon salt
- 1 cup applesauce natural
- 2 tablespoons honey
- 1 tablespoon coconut oil melted
- 1/2 teaspoon vanilla extract
- 1/4 cup dried cranberries
- 1/4 cup raisins

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 68 grams
3. Fat: 25 grams
4. Fiber: 10 grams
5. Protein: 16 grams
6. SaturatedFat: 6 grams
7. Sodium: 210 milligrams
8. Sugar: 24 grams

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