

Ingredients

Preparation time: 25 minutes

Servings: 20

Wet Ingredients

- ¼ cup agave nectar
- ¼ cup pure maple syrup
- 3 Tbsp. blackstrap molasses
- 2 Tbsp. coconut oil
- 1 inch piece of ginger, peeled & grated

Dry Ingredients

- 3 cups puffed brown rice cereal
- 3 cups rolled oats
- 3 cups puffed millet
- ½ cup shelled hemp seeds
- 2 tsp. powdered ginger
- 1 tsp. ground cinnamon
- ½ cup crystallized ginger, finely chopped

Directions

1. Preheat the oven to 275. Line two baking sheets with parchment paper.
2. Heat the wet ingredients in the microwave or on the stove for about 1-2 minutes.
3. Combine the wet and dry ingredients thoroughly in a mixing bowl.
4. Divide the mixture between the baking sheets
5. Bake for 45 minutes, mixing the granola halfway through
6. Remove trays and allow them to cool fully, then transfer to an airtight container

Recipe adapted and photo borrowed from www.keepinitkind.com



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Ginger-Molasses Granola	
Amount	½ cup
Calories	210
Fat (g)	6
Sat. Fat (g)	2
Carb. (g)	37
Fiber (g)	2
Protein (g)	5
Vegan	

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Cooking Tip

Trouble finding puffed millet? Simply substitute by adding more puffed rice and/or oats in its place. Rather than hemp seeds, try adding ½ cup crushed walnuts for a nutty, rich flavor. Vegetable oil can also be substituted for coconut oil. Store leftover granola in a mason jar to maximum shelf life. Leave a ½ cup measure in the jar to keep track of portion size!

Performance Facts

This granola is packed full of ginger, which has been shown to reduce muscle soreness after intense exercise and decrease joint pain. The combination of grains adds a complex source of B vitamins and fiber for sustained energy and fullness. Blackstrap molasses, aside from adding sweetness, is the most iron-rich plant food available! Pair with an orange for maximum iron absorption.

