

Weekly



# SPORTS NUTRITION

## Recipe:

# Homemade Granola with Molasses & Ginger

For those of you who follow us on Twitter, you may remember reading that ginger has anti-inflammatory properties. In lieu of this, we have chosen this weeks' recipe of ginger-molasses granola made with three different types of ginger: fresh, powdered, and crystallized. Granola is incredibly easy to make at home and for much less money than purchasing it in a grocery store. The coconut oil gives it great flavor and goes a long way, so this recipe has about half the fat of typical granola. The best part, aside from the myriad of performance benefits listed below, is that it will leave your kitchen smelling like gingerbread for hours! We encourage you to try out this unique granola recipe yourself as a breakfast cereal with milk, a smoothie topper, or tossed over some Greek yogurt.

## Ingredients:

### Wet Ingredients:

- 1/4 cup agave nectar
- 1/4 cup pure maple syrup
- 3 tablespoons blackstrap molasses
- 2 tablespoons coconut oil
- 1 inch piece of ginger, peeled & grated

### Dry Ingredients:

- 3 cups puffed brown rice cereal
- 3 cups rolled oats
- 2 cups puffed millet
- 1/2 cup shelled hemp seeds
- 2 teaspoons of powdered ginger
- 1 teaspoon of ground cinnamon
- 1/2 cup crystallized ginger, finely chopped



## Nutrition Facts

Amount	1/2 cup
Calories	210
Fat (g)	6
Sat. Fat (g)	2
Carb. (g)	37
Fiber (g)	2
Protein (g)	5

Vegan.

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## Directions:

Preheat the oven to 275. Line two baking sheets with parchment paper.

Heat the wet ingredients in the microwave or on the stove for about 1-2 minutes.

Combine the wet and dry ingredients thoroughly in a mixing bowl.

Divide the mixture between the baking sheets.

Bake for 45 minutes, mixing the granola halfway through.

Remove trays and allow them to cool fully, then transfer to an airtight container.

**\*Tip: Leave a 1/2 cup measure in the container to keep track of portion size!**

There are many reasons this meal is excellent for supporting athletic performance. Ginger is an anti-inflammatory spice that can help decrease muscle soreness after exercise and decrease joint pain. The combination of the different grains adds a complex source of B vitamins and fiber for sustained energy and fullness. Blackstrap molasses, besides just adding sweetness, is a good source of iron, which is essential for adequate oxygen in your blood. Trendy coconut oil offers up medium-chain triglycerides that provide an easy to use and long-lasting energy source for training. And hemp seeds offer the balance of complete protein and omega-3 fatty acids- another anti-inflammatory food!

Tip: If you eat an orange with your granola, you will absorb more iron!



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