

EAT THIS, NOT THAT!

THE 20 POPULAR GLUTEN-FREE GRANOLAS— RANKED



In need of some killer [healthy breakfast ideas](#) that are free of gluten? Eat This, Not That! has you covered.

If you love granola in the morning, but are keeping gluten-free, your alarm should be going off—and not just your 8 a.m. iPhone one. That's because granola is traditionally one of the unhealthiest "health" foods on the planet, with clusters of oats or grains welded together by unhealthy added sugars and fattening oils. In fact, some brands have as much sugar as three Krispy Kreme doughnuts! Secondly, most granolas are not naturally gluten-free because rolled oats (the foundation of granola) are likely to have been contaminated in the oat-cutting process, unless it was done in a GF-certified facility.

Therefore, finding a brand that is both 1) [healthy](#) and 2) gluten-free can be quite a challenge—one you may not want to tackle before 9 a.m. Good thing we here at Eat This, Not That! woke up at seven. Our team of researchers studied the top 20 brands of gluten-free granola and ranked them, so you can enjoy those golden clusters of goodness guilt-free.

HOW WE RANKED THEM

First, forget calories and fat for a [hot](#) second—after all, one is energy, and the other keeps you full—and focus instead on something a bit more concerning: [Added sugars](#). Your ideal bowl of granola has less than 7 grams of sugar per serving—and many of the following do. We also took into account the quality (and sometimes even the number) of ingredients.

The list begins with the brands that have either questionable ingredients and/or high [sugar](#) content and then whittles down to ones the least of the two. Choose from those, and you're golden! And if you love granola, then you're probably an oats fan, too—in which case, don't miss out on these [50 Best Overnight Oats Recipes](#)!

1 GO RAW SUPER SIMPLE SPROUTED GRANOLA



Nutrition: 230 calories, 4 g fat (0.5 g saturated fat), 10 mg sodium, 47 g carbs, 4 g fiber, 1 g sugar, 3 g protein (serving size is $\frac{1}{3}$ cup)

Ingredients (2): Sprouted buckwheat groats, sprouted flaxseed

And finally, the number one gluten-free granola is Go Raw's Super Simple Sprouted Granola. The name is literally not kidding when it says, *super simple*. This is as basic and down-to-the-nutrient as you can get! With one gram of sugar and two ingredients, you really cannot get any narrower; therefore, it's our winner! Slice half a banana atop a serving of this granola for some extra potassium and flavor and enjoy this healthy, gluten free granola breakfast while you read up on the [21 Amazing Things Bananas Do to Your body!](#)