

One Lucky Duck Grawnola (Vegan, Gluten-Free, Soy-Free)

One Lucky Duck takes wholesome to a whole new level with their one-of-a-kind Grawnola. I opened the package to discover a rather intimidating site…the most enormous granola chunks I have ever laid eyes upon! I immediately assumed this had to be a snacking granola, and removed a sample piece to trial.

To my pleasant surprise, the Grawnola was packed with a hearty crisp and crunchy bite. It had a “grown-up” sweetness, with a contrasting bitterness at times from the dried fruit. As a fan of cinnamon and vanilla, I was pleased to note both of these flavors as subtle enhancements to the overall nutty vibe. Though the chunks themselves were large, the nuts and seeds within them were very finely chopped, and bound by a deliciously natural blend of dried fruits (dates, raisins, apples) and pure maple syrup.

After reading the package, I discovered that the Grawnola could be broken up for cereal. The adventurous person that I am, I decided to give it a shot. It was fantastic! The extra-crispy bite prevented the cereal waterlog effect, retaining a good crunch even when doused with “milk.” Because it isn’t overly sweet (no sugary aftertaste), it also melds well with any milk alternative, including the lighter, sweeter taste of rice milk.

My one word of warning, it is even more filling than it looks. I filled my bowl just a third of the way full, and thought, “That certainly isn’t enough.” Adding a few more shakes from the bag, I topped it with a good serving of almond milk and dug in. I have always been one of those eat everything on your plate people, so I was determined to finish the entire bowl. I was full to say the least. Luckily, I had stopped filling at just about a half a bowl, any more and I would have been far beyond my limit.

The only thing I couldn’t put my finger on was the amazing granola-like texture. How could a raw food have such a cohesive bite? In order to retain as many nutrients, enzymes, and vitamins as possible the chefs at One Lucky Duck do not heat any of their foods above 118°. This leads me to believe that it is more of a dehydrating technique, which would make sense.

Beyond the great taste, texture, and snackability, I was thoroughly impressed with the ingredients used by One Lucky Duck. The first ingredient in their Grawnola is not peanuts, walnuts, or other relatively cheap conventional nut…it is Organic Pecans. I kid you not. Talk about going high end. You can see from the other ingredients noted below that no expense for quality was spared in production.

Not a single bite of this high end Grawnola should ever be wasted on pseudo hunger. I will be saving the rest of the bag for our next big hike.

Ingredients: organic pecans, almonds, organic raisins, organic dates, organic apples, organic sunflower seeds, organic maple syrup, orange zest, vanilla extract, organic cinnamon, Himalayan crystal salt.

My Extra Notes:

- Special dieters will be pleased to note that all of One Lucky Duck’s snacks are vegan (dairy, egg, meat, and honey-free), gluten-free, and soy-free (At least all that we have viewed and trialed).
- As a big value shopper, the price tag on their Grawnola would prevent me from indulging it as an everyday cereal, but for an energy snack and hikes, I feel it has good appeal.
- I was very pleased with the resealable, fresh pouches utilized by One Lucky Duck. It was also wonderful to see that they were packed full, avoiding the waste of extra-large packaging. I actually felt like I was getting more this way.

Where to Purchase: Order all natural, organic, and “raw” snacks direct from One Lucky Duck online. They also sell the wonderful ingredients they utilize in their finished products. Though located in the U.S., One Lucky Duck does ship internationally.