



Alison's Rainier Bars

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup fruit dried chopped (apricots, prunes, raisins)
- 0.8 cup honey
- 0.8 cup chunky peanut butter
- 3 cups rolled oats
- 0.1 teaspoon salt
- 0.5 cup semi-sweet chocolate chips
- 1 tablespoon sesame seed
- 0.3 cup sunflower seeds

- 0.5 teaspoon vanilla extract
- 0.5 cup walnuts chopped
- 2 tablespoons wheat germ

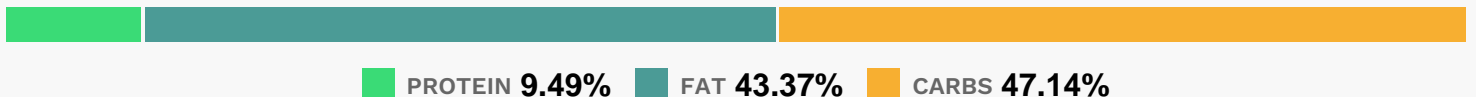
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Mix oats, sunflower seeds, wheat germ, sesame seeds, and salt in a large bowl. Set aside.
- Combine vanilla extract, peanut butter, and honey in a separate bowl until they are well mixed.
- Add peanut butter mixture to oat mixture and stir until dough begins to thicken and dry ingredients are incorporated.
- Add chopped fruit, walnuts, and chocolate chips. Continue to stir until the dough sticks together in big stiff lumps and is uniformly mixed.
- Pour dough into the prepared baking pan. Firmly press dough into the pan until it is compact and uniformly spread.
- Bake in the preheated oven until the top is golden brown, about 20 minutes.
- Let cool completely before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:14.15, Glycemic Load:11.91, Inflammation Score:-4, Nutrition Score:9.8813042851246%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 275.04kcal (13.75%), Fat: 13.94g (21.44%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 30.45g (11.07%), Sugar: 19.03g (21.14%), Cholesterol: 0.35mg (0.12%), Sodium: 77.66mg (3.38%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Caffeine: 5.02mg (1.67%), Protein: 6.86g (13.72%), Manganese: 1.17mg (58.5%), Magnesium: 73.66mg (18.41%), Copper: 0.33mg (16.7%), Phosphorus: 165.62mg (16.56%), Fiber: 3.63g (14.53%), Vitamin E: 2.1mg (14.01%), Vitamin B3: 2.29mg (11.44%), Selenium: 8µg (11.42%), Vitamin B1: 0.16mg (10.73%), Zinc: 1.49mg (9.94%), Iron: 1.76mg (9.78%), Vitamin B6: 0.15mg (7.36%), Folate: 28.33µg (7.08%), Potassium: 232.32mg (6.64%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.42mg (4.23%), Calcium: 34.78mg (3.48%), Vitamin K: 1.3µg (1.24%)