



Almond Cereal Bars



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almond butter
- ☐ 2 tablespoons cherries dried unsweetened chopped
- ☐ 0.3 cup honey
- ☐ 2 cups whole-grain cereal flakes
- ☐ 2 cups oat and bran o's cereal

Equipment

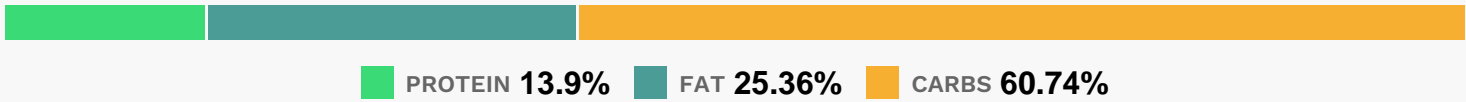
- ☐ bowl
- ☐ frying pan

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Coat an 8-inch square baking pan with cooking spray. In a medium microwave-safe bowl, microwave the almond butter and honey on high for 30 seconds, then stir until blended. In a large microwave-safe bowl, combine the cereal flakes, O's, and cherries. Microwave on high for 1 1/2 minutes, stirring every 30 seconds, until warmed.
- ☐ Gradually stir the almond butter mixture into the cereal until thoroughly and evenly coated. Press into the prepared pan. Refrigerate until set and firm.
- ☐ Cut into 10 bars.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:11.5, Inflammation Score:-4, Nutrition Score:12.099565070608%

Nutrients (% of daily need)

Calories: 183.74kcal (9.19%), Fat: 6.36g (9.78%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 29g (10.55%), Sugar: 13.68g (15.2%), Cholesterol: 0mg (0%), Sodium: 31.28mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Manganese: 1.54mg (76.89%), Vitamin B1: 0.39mg (26.31%), Phosphorus: 218.95mg (21.89%), Fiber: 5.27g (21.07%), Magnesium: 79.88mg (19.97%), Selenium: 11.14µg (15.91%), Vitamin E: 2.26mg (15.07%), Vitamin B2: 0.22mg (12.95%), Iron: 2.29mg (12.7%), Copper: 0.18mg (8.93%), Zinc: 1.05mg (6.97%), Folate: 27.12µg (6.78%), Vitamin B6: 0.13mg (6.54%), Calcium: 62.21mg (6.22%), Potassium: 204.05mg (5.83%), Vitamin B3: 1mg (4.98%), Vitamin B5: 0.39mg (3.93%), Vitamin C: 2.06mg (2.49%), Vitamin A: 106.58IU (2.13%)