



WHATSheATE



Apricot-Cranberry Granola Bars



Vegetarian



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



10

CALORIES



134 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

☐ 3.5 cups fruit and nut granola organic cascadian farm®

☐ 0.8 cup apple sauce unsweetened

☐ 0.3 cup honey

☐ 0.3 cup blackstrap molasses light ()

☐ 0.5 cup cranberries dried sweetened

☐ 0.5 cup apricot dried chopped

Equipment

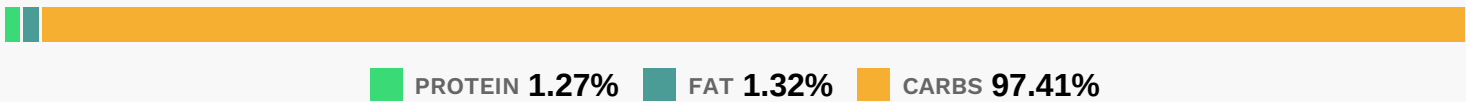
☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Heat oven to 325°F. Line 8-inch square pan with parchment paper, extending paper over sides of pan, and line cookie sheet with parchment paper.
- ☐ In food processor, pulse granola a few times to break up into smaller pieces. Set aside.
- ☐ In large bowl, stir together applesauce, honey and molasses.
- ☐ Add granola, cranberries and apricots; stir thoroughly to combine.
- ☐ Pour mixture into pan; press firmly into pan.
- ☐ Bake 25 to 30 minutes. Cool 10 minutes. Freeze uncovered 1 hour.
- ☐ Using parchment paper, lift mixture from pan.
- ☐ Cut into bars.
- ☐ Place bars on paper-lined cookie sheet. Freeze uncovered at least 1 hour longer before serving. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:12.97, Glycemic Load:7.61, Inflammation Score:-6, Nutrition Score:7.1530434890934%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 134.45kcal (6.72%), Fat: 0.21g (0.32%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 33.6g (12.22%), Sugar: 22.84g (25.38%), Cholesterol: 0mg (0%), Sodium: 4.78mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin C: 149.35mg (181.03%), Manganese: 0.17mg (8.58%), Potassium: 219.32mg (6.27%), Magnesium: 23.43mg (5.86%), Vitamin B2: 0.1mg (5.78%), Vitamin A: 239.57IU (4.79%), Iron: 0.84mg (4.65%), Fiber: 1.01g (4.06%), Copper: 0.08mg (3.76%), Vitamin B6: 0.08mg (3.75%), Vitamin B3: 0.64mg (3.18%), Calcium: 30.91mg (3.09%), Vitamin E: 0.44mg (2.92%), Selenium: 1.8µg (2.57%), Phosphorus: 17.25mg (1.72%), Vitamin B5: 0.13mg (1.28%)