



WHATSheATE



Banana Walnut Chocolate Chip Bars (Vegan Option)

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.8 cup old fashioned oats buzzed in processor quick
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup all purpose unbleached flour or whole wheat white
- ☐ 1 teaspoon vanilla extract

- ☐ 0.3 cup vegan approved chocolate chopped
- ☐ 4 tablespoons vegan margarine unsalted softened
- ☐ 0.3 cup walnut pieces toasted

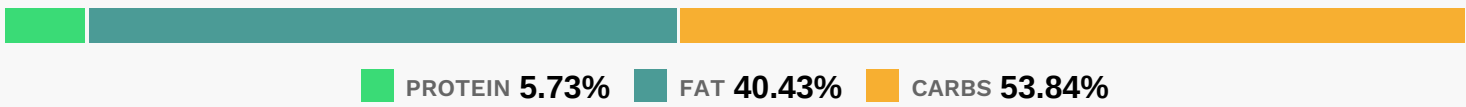
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square pan with non-stick foil or parchment.
- ☐ Mix together flour, salt and baking soda.In a mixing bowl, beat together butter and brown sugar. Beat in egg (or flax), bananas and vanilla.
- ☐ Add flour mixture to banana mixture and stir until absorbed, then stir in oats, chocolate chips and walnuts.
- ☐ Spread batter in the pan and bake for 25 minutes or until set. Set pan on a rack to cool, then lift from pan and cut into 16 squares or 12 bars.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:1.21, Inflammation Score:-3, Nutrition Score:4.1086956743637%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 153.01kcal (7.65%), Fat: 6.94g (10.68%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 20.79g (6.93%), Net Carbohydrates: 19.56g (7.11%), Sugar: 10.43g (11.59%), Cholesterol: 0.22mg (0.07%), Sodium: 153.41mg (6.67%), Alcohol: 0.11g (100%), Alcohol %: 0.4% (100%), Caffeine: 3.14mg (1.05%), Protein: 2.21g (4.42%), Manganese: 0.4mg (20.17%), Selenium: 4.69µg (6.7%), Copper: 0.13mg (6.66%), Vitamin E: 0.99mg (6.57%), Vitamin B1: 0.1mg (6.46%),

Iron: 0.97mg (5.38%), Magnesium: 21.15mg (5.29%), Phosphorus: 50.51mg (5.05%), Fiber: 1.23g (4.93%), Folate: 19.2µg (4.8%), Vitamin A: 180.85IU (3.62%), Vitamin B2: 0.05mg (3.14%), Vitamin B3: 0.6mg (2.98%), Zinc: 0.44mg (2.93%), Vitamin K: 3.07µg (2.92%), Potassium: 75.72mg (2.16%), Calcium: 17.01mg (1.7%), Vitamin B6: 0.03mg (1.55%), Vitamin B5: 0.13mg (1.33%)