



Bran Chocolate Chip Cookie Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



123 kcal

DESSERT

Ingredients

- ☐ 1.3 cup all bran original cereal
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups firmly brown sugar packed
- ☐ 0.3 cup extra chocolate morsels dark
- ☐ 1 large eggs
- ☐ 4.5 oz flour — fluff and spoon whole wheat white
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla

- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons water

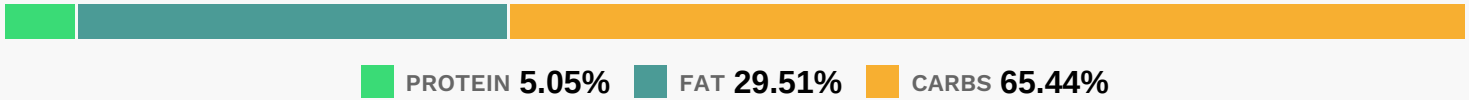
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan with foil and spray bottom with cooking spray.Stir together cereal, flour, baking powder and salt. Set aside.Beat oil, egg and sugar together in a large mixing bowl (I did this with a whisk). Stir in vanilla and water.
- ☐ Add cereal mixture, stirring until well combined. Stir in chocolate morsels.
- ☐ Spread evenly in pan and bake for about 30 minutes. Cool completely.Lift foil from pan, set on a rack and cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:5.2834783015044%

Nutrients (% of daily need)

Calories: 122.77kcal (6.14%), Fat: 4.27g (6.57%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 21.3g (7.1%), Net Carbohydrates: 19.66g (7.15%), Sugar: 14.76g (16.4%), Cholesterol: 7.78mg (2.59%), Sodium: 78.04mg (3.39%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.64g (3.29%), Vitamin B6: 0.43mg (21.29%), Manganese: 0.27mg (13.43%), Folate: 46.76µg (11.69%), Vitamin B12: 0.67µg (11.22%), Fiber: 1.64g (6.55%), Vitamin B2: 0.11mg (6.32%), Calcium: 56.77mg (5.68%), Vitamin K: 5.95µg (5.66%), Phosphorus: 54.75mg (5.47%), Vitamin B1: 0.08mg (5.44%), Iron: 0.93mg (5.19%), Magnesium: 14.99mg (3.75%), Zinc: 0.55mg (3.65%), Vitamin B3: 0.55mg (2.77%), Copper: 0.05mg (2.44%), Vitamin E: 0.35mg (2.33%), Potassium: 78.29mg (2.24%), Selenium: 1.26µg (1.8%), Vitamin A: 71.67IU (1.43%), Vitamin D: 0.19µg (1.27%), Vitamin B5: 0.11mg (1.05%)