



Butterscotch Breakfast Bars

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 0.3 cup butterscotch chips
- ☐ 2 tablespoons eggs lightly beaten
- ☐ 2 tablespoon evaporated cane juice crystals
- ☐ 2 teaspoons golden flaxseed
- ☐ 2.3 ounces ultragrain flour whole wheat white
- ☐ 1 tablespoon maple syrup
- ☐ 0.8 cups oats instant quick (not)

- ☐ 0.5 cup pecans
- ☐ 0.5 cup rice krispies
- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

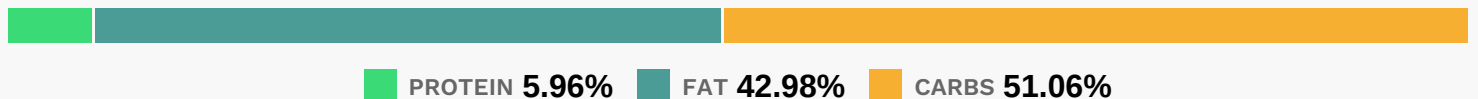
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch pan with nonstick foil or spray with cooking spray.
- ☐ Lay the nuts on a baking sheet and bake for 7 to 8 minutes or until aromatic. Cool completely, then chop. In a large mixing bowl, beat the butter and both sugars until creamy. Beat in the honey, vanilla and egg, then add the baking soda and salt and beat until well mixed.
- ☐ Add the flour and stir by hand until it is blended in, then add the cereal, oats, toasted pecans and chips. In a separate bowl, stir together the flour, baking soda and salt, then add to the butter mixture and stir until blended. Stir in the cereal, oats, flaxseed (if using) nuts, and chocolate chips. Press this mixture into the pan and bake on center rack for 20 minutes or until golden brown.
- ☐ Let cool in the pan for 15 minutes, then lift from pan and score (do not separate) into 8 bars.
- ☐ Let cool completely. The texture improves quite a bit after the bars are completely cool, so I don't recommend eating these while warm.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:6.87, Inflammation Score:-4, Nutrition Score:6.7239129854285%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 243.5kcal (12.18%), Fat: 11.96g (18.4%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 30.27g (11.01%), Sugar: 17.52g (19.46%), Cholesterol: 29.44mg (9.81%), Sodium: 80.3mg (3.49%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 3.73g (7.46%), Manganese: 0.69mg (34.26%), Vitamin B1: 0.17mg (11.34%), Selenium: 7.12µg (10.17%), Folate: 37.53µg (9.38%), Iron: 1.6mg (8.89%), Copper: 0.18mg (8.86%), Phosphorus: 81.44mg (8.14%), Vitamin B2: 0.14mg (8.14%), Magnesium: 28.97mg (7.24%), Fiber: 1.68g (6.74%), Vitamin A: 319.85IU (6.4%), Vitamin B6: 0.1mg (5.22%), Vitamin E: 0.76mg (5.09%), Vitamin B3: 0.99mg (4.96%), Zinc: 0.7mg (4.64%), Vitamin B12: 0.17µg (2.86%), Potassium: 99.75mg (2.85%), Calcium: 26.81mg (2.68%), Vitamin B5: 0.25mg (2.53%), Vitamin D: 0.29µg (1.92%), Vitamin C: 1.21mg (1.46%)