



Cashew Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup cashew butter
- ☐ 1 large eggs
- ☐ 1 cup mission figs dried finely chopped
- ☐ 3 tablespoons flax seeds
- ☐ 0.5 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest shredded finely

- ☐ 0.3 cup milk low-fat
- ☐ 0.3 cup oat bran
- ☐ 1 cup regular rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup roasted cashews salted chopped
- ☐ 1 cup flour whole-wheat

Equipment

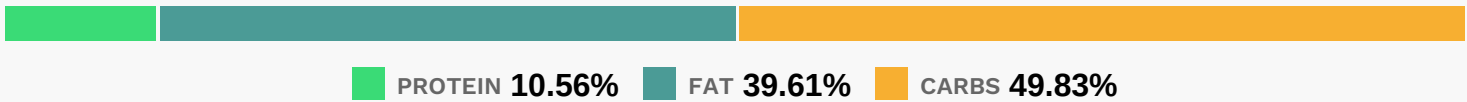
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ dough scraper

Directions

- ☐ Line a 9- by 13-in. pan with plastic wrap, leaving an overhang on the 9-in. sides, and coat with cooking-oil spray. In a large bowl, stir together oats, oat bran, flax seeds, flour, baking powder, salt, peanuts, and figs until well blended.
- ☐ In the bowl of a stand mixer, beat together cashew butter, milk, egg, honey, lemon zest, and lemon juice until well blended.
- ☐ Add flour mixture to cashew butter mixture and beat until completely blended. Scrape dough into pan and, with wet fingers or a rubber spatula, pat to fill pan completely and evenly (dough is sticky, so you may need to wash your hands a few times). Chill dough until firm, about 30 minutes.
- ☐ Meanwhile, preheat oven to 30

- ☐ Invert pan onto a work surface, lift off pan, and peel off plastic. Using a bench scraper or knife, cut straight down lengthwise through middle, then crosswise to make 16 bars, each 1 1/2 in. wide.
- ☐ Place bars about 1 in. apart on a baking sheet lined with parchment.
- ☐ Bake bars until lightly browned and somewhat firm to touch, about 20 minutes.
- ☐ Remove from oven and let cool completely.
- ☐ Make ahead: Store airtight up to 2 weeks or freeze.

Nutrition Facts



Properties

Glycemic Index:20.74, Glycemic Load:7.92, Inflammation Score:-4, Nutrition Score:8.8504347567973%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 205.53kcal (10.28%), Fat: 9.78g (15.04%), Saturated Fat: 1.88g (11.76%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 24.6g (8.95%), Sugar: 11.7g (13%), Cholesterol: 11.81mg (3.94%), Sodium: 122.72mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Manganese: 0.84mg (41.91%), Copper: 0.46mg (22.92%), Magnesium: 76.28mg (19.07%), Phosphorus: 169.1mg (16.91%), Selenium: 10.74µg (15.35%), Fiber: 3.07g (12.29%), Vitamin B1: 0.18mg (11.98%), Zinc: 1.5mg (10.01%), Iron: 1.76mg (9.78%), Potassium: 216.27mg (6.18%), Vitamin B6: 0.12mg (5.88%), Folate: 21.84µg (5.46%), Vitamin B2: 0.09mg (5.36%), Vitamin B5: 0.47mg (4.69%), Vitamin B3: 0.84mg (4.21%), Calcium: 38.66mg (3.87%), Vitamin K: 2.6µg (2.47%), Vitamin C: 1.21mg (1.46%), Vitamin E: 0.2mg (1.31%)