



Chewy Breakfast Bars

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup butter
- ☐ 0.5 cup chocolate cereal puffs flavored
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons milk powder dry
- ☐ 1 cup cooking oats quick
- ☐ 1 teaspoon vanilla extract

- ☐ 0.3 cup warm water
- ☐ 1.5 cups sugar white

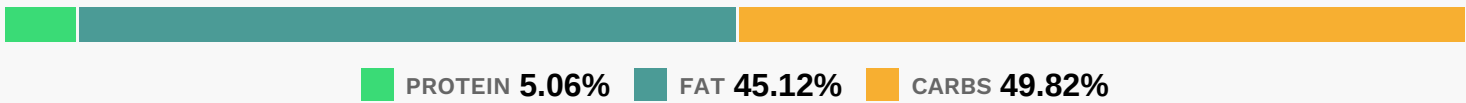
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in baking pan.
- ☐ Melt the milk in the water.
- ☐ Mix the ingredients with the butter in the following order: sugar, oatmeal, vanilla extract, eggs, flour, baking powder, cereal and milk. Pat into a greased 9 x 13 inch pan.
- ☐ Bake at 325 degrees F (175 degrees C) for 15 minutes or until golden brown. Slice into desired sizes.

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:14.43, Inflammation Score:-2, Nutrition Score:3.2526086899249%

Nutrients (% of daily need)

Calories: 170.21kcal (8.51%), Fat: 8.69g (13.37%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 21.59g (7.2%), Net Carbohydrates: 21.02g (7.64%), Sugar: 13.03g (14.48%), Cholesterol: 41.19mg (13.73%), Sodium: 83.74mg (3.64%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 2.19g (4.39%), Manganese: 0.2mg (10.2%), Selenium: 5.77µg (8.24%), Vitamin B1: 0.09mg (6.26%), Vitamin A: 283.79IU (5.68%), Vitamin B2: 0.09mg (5.32%), Folate: 21.17µg (5.29%), Phosphorus: 43.76mg (4.38%), Iron: 0.76mg (4.22%), Vitamin B3: 0.64mg (3.2%), Magnesium: 12.55mg (3.14%), Zinc: 0.36mg (2.41%), Fiber: 0.57g (2.29%), Vitamin E: 0.31mg (2.09%), Vitamin B12: 0.12µg (2.01%), Calcium: 19.74mg (1.97%), Vitamin B5: 0.17mg (1.65%), Vitamin B6: 0.03mg (1.58%), Copper: 0.03mg (1.53%), Vitamin D: 0.18µg (1.21%), Potassium: 38.33mg (1.1%)