



Chewy Chocolate Chip Granola Bars

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup apple sauce
- 0.5 cup brown sugar packed
- 0.5 cup oat cereal rings toasted
- 1 cup chocolate chips
- 5 tablespoons plus
- 0.5 cup marshmallows miniature
- 0.7 cup peanut butter
- 3 cups rolled oats

- 2 teaspoons vanilla extract
- 0.7 cup wheat germ

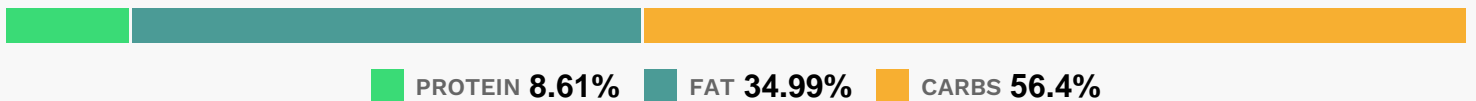
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking pan.
- In a large bowl, stir together the brown sugar, peanut butter, corn syrup, applesauce, and vanilla. In a separate bowl, stir together the oats, chocolate chips, mini marshmallows, cereal rings and wheat germ. Stir the dry ingredients into the peanut butter mixture until evenly coated. Press lightly into the prepared pan.
- Bake or 25 to 30 minutes in the preheated oven, or until slightly golden. Cool in the pan on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:5.91, Inflammation Score:-3, Nutrition Score:9.7752174145502%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 269.79kcal (13.49%), Fat: 10.91g (16.79%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 39.58g (13.19%),
Net Carbohydrates: 36.55g (13.29%), Sugar: 22.79g (25.32%), Cholesterol: 0mg (0%), Sodium: 62.4mg (2.71%),
Alcohol: 0.18g (100%), Alcohol %: 0.33% (100%), Protein: 6.04g (12.09%), Manganese: 1.47mg (73.47%), Phosphorus:
151.76mg (15.18%), Magnesium: 55.85mg (13.96%), Selenium: 9.57µg (13.67%), Vitamin B1: 0.2mg (13.48%), Fiber:
3.02g (12.1%), Vitamin B3: 2.2mg (10.99%), Zinc: 1.64mg (10.94%), Folate: 34.74µg (8.69%), Iron: 1.49mg (8.25%),
Copper: 0.16mg (8.13%), Vitamin B6: 0.15mg (7.57%), Vitamin E: 1.13mg (7.52%), Potassium: 224.4mg (6.41%),
Vitamin B2: 0.08mg (4.48%), Vitamin B5: 0.44mg (4.39%), Calcium: 34.59mg (3.46%)