



Chewy Coconut Granola Bars

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.3 cups brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 2 tablespoons milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.8 cup tropical fruit mixed dried chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 0.3 cup flour whole-wheat
- ☐ 1.5 cups whole-grain granola

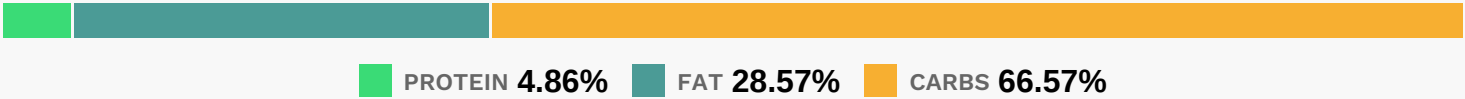
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Coat a 13 x 9-inch metal baking pan with cooking spray; dust with 2 teaspoons all-purpose flour.
- ☐ Weigh or lightly spoon 3 ounces all-purpose flour and 6 ounces whole-wheat flour into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, and salt in a small bowl; stir with a whisk.
- ☐ Combine sugar, oil, milk, and eggs in a large bowl; beat with a mixer at high speed until smooth.
- ☐ Add flour mixture, beating at low speed until blended. Fold in granola and fruit. Spoon batter into prepared pan.
- ☐ Sprinkle with coconut.
- ☐ Bake at 350 for 20 minutes or until golden. Cool completely in pan on a wire rack.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:3.11, Inflammation Score:-1, Nutrition Score:3.0243478676547%

Nutrients (% of daily need)

Calories: 152.77kcal (7.64%), Fat: 4.97g (7.64%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25.18g (9.16%), Sugar: 19.04g (21.16%), Cholesterol: 23.31mg (7.77%), Sodium: 121.91mg (5.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Manganese: 0.18mg (9.02%), Selenium: 5.99µg (8.55%), Vitamin E: 0.7mg (4.66%), Vitamin B1: 0.06mg (4.05%), Phosphorus: 39.36mg (3.94%), Vitamin B2: 0.07mg (3.83%), Iron: 0.68mg (3.76%), Calcium: 37.49mg (3.75%), Folate: 14.54µg (3.63%), Fiber: 0.86g (3.42%), Vitamin K: 3.09µg (2.94%), Vitamin B3: 0.53mg (2.67%), Copper: 0.05mg (2.35%), Magnesium: 9.13mg (2.28%), Potassium: 69.07mg (1.97%), Vitamin B5: 0.17mg (1.72%), Vitamin B6: 0.03mg (1.7%), Zinc: 0.23mg (1.51%), Vitamin A: 71.35IU (1.43%), Vitamin B12: 0.07µg (1.11%)