



Chewy Granola Bars

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



237 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 can/300ml condensed milk low fat (See My Notes) (I used)
- ☐ 1 cup cranberries dried
- ☐ 3 cups cooking oats quick (I used Quaker's Large Flake)
- ☐ 0.5 cup semi-sweet chocolate chips mini
- ☐ 1 cup slivered almonds
- ☐ 1 cup sunflower seeds salted (I used)
- ☐ 1 cup apple sauce unsweetened

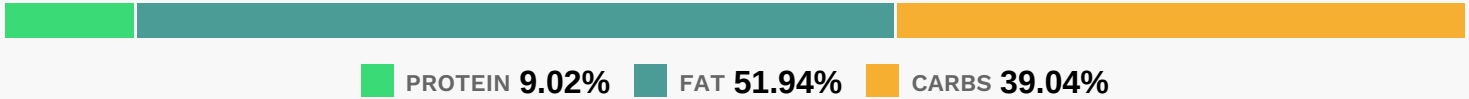
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 325F/160C for 15 minutes. Line a 13×9 inch pan with aluminum foil and grease it well with cooking spray.In a large bowl mix together oats, cranberries, seeds, nuts and chocolate chips.
- ☐ Add condensed milk and mix thoroughly. Also stir in the oil and applesauce until blended.
- ☐ Spread evenly in prepared pan. Use a spatula to smoothen it. If you feel that the oats sticks to the spatula, grease it with cooking spray and smooth it out.
- ☐ Bake in the preheated oven for 25–30 minutes or until top is lightly browned. I felt mine was not done after 25 minutes so gave it another 6 minutes. By then it had browned a little.
- ☐ Place the pan on a rack to cool slightly, then carefully lift the foil and place it on the wire rack. When it is cool completely cut it into bars. You can either go for the usual rectangular shaped bars (like the store bought ones) or squares. I cut them into squares to cut the calorie intake. Dipping the knife in hot water will enable easy cutting.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:6.08, Inflammation Score:-5, Nutrition Score:11.271739088971%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 236.94kcal (11.85%), Fat: 14.42g (22.19%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 20.4g (7.42%), Sugar: 9.7g (10.78%), Cholesterol: 0.35mg (0.12%), Sodium: 2.59mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.7mg (1.57%), Protein: 5.63g (11.27%), Manganese: 1.07mg (53.38%), Vitamin E: 5.61mg (37.39%), Magnesium: 96.89mg (24.22%), Copper: 0.35mg (17.68%), Phosphorus: 173.12mg (17.31%), Fiber: 4g (16%), Vitamin B1: 0.23mg (15.11%), Selenium: 10.44µg (14.92%), Iron: 1.81mg (10.03%), Zinc: 1.27mg (8.49%), Vitamin B2: 0.13mg (7.92%), Vitamin B6: 0.15mg (7.3%), Folate: 27.31µg (6.83%), Vitamin B3: 1.17mg (5.84%), Potassium: 204.16mg (5.83%), Vitamin K: 4.03µg (3.84%), Calcium: 36.7mg (3.67%), Vitamin B5: 0.27mg (2.74%)