



Chewy Walnut Granola Bars

READY IN



35 min.

SERVINGS



12

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 tsp baking soda
- ☐ 0.3 cup chocolate chips
- ☐ 0.5 tsp cinnamon
- ☐ 0.3 cup apricots dried
- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup honey
- ☐ 3 tablespoons brown sugar light packed
- ☐ 1.5 cups old fashioned rolled oats uncooked
- ☐ 0.3 cup pumpkin seeds

- ☐ 4 tablespoons butter unsalted salted cut into small pieces or use and add a pinch of salt
- ☐ 0.3 cup sesame seed (I used 2 tablespoons flax seeds)
- ☐ 0.3 cup coconut or shredded sweetened flaked (I used)
- ☐ 2 tablespoons unbleached flour whole wheat white all-purpose (or)
- ☐ 0.8 cups california walnuts toasted coarsely chopped (I mine)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F. Line an 8 inch square metal pan with parchment paper.In bowl, stir together the together oats, brown sugar, flour, baking soda and cinnamon. Stir in walnuts, cherries, chocolate chips, pumpkin seeds, coconut and sesame (or flax) seeds; set aside.In food processor, (a mini is okay) process apricots until broken up, about 1 minute.
- ☐ Add butter, process until a paste forms, about 1 minute. With motor running, pour in honey until well blended. If using a mini processor/chopper, just add the honey and process for a few seconds.Fold apricot mixture into oat mixture until well combined. Pat evenly into prepared baking pan. Press down as firmly as you can.
- ☐ Bake in the center of oven until golden, about 25 minutes.
- ☐ Transfer to rack to cool completely (don't even think about cutting while hot).
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:21.89, Glycemic Load:6.69, Inflammation Score:-4, Nutrition Score:6.8143479312244%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 225.41kcal (11.27%), Fat: 13.19g (20.3%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 22.76g (8.28%), Sugar: 14.74g (16.38%), Cholesterol: 10.03mg (3.34%), Sodium: 60.89mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Manganese: 0.84mg (42.22%), Copper: 0.32mg (16.19%), Magnesium: 47.09mg (11.77%), Phosphorus: 109.69mg (10.97%), Fiber: 2.58g (10.33%), Iron: 1.44mg (7.98%), Selenium: 5.5µg (7.86%), Vitamin B1: 0.1mg (6.81%), Zinc: 1.02mg (6.79%), Vitamin A: 306.18IU (6.12%), Calcium: 55.55mg (5.55%), Vitamin B6: 0.09mg (4.43%), Potassium: 153.3mg (4.38%), Folate: 15.37µg (3.84%), Vitamin B2: 0.04mg (2.58%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.21mg (2.14%)