



Chewy Wheat Bran Granola Bars

READY IN



30 min.

SERVINGS



24

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.3 cup butter cooled melted
- ☐ 0.3 cup chocolate chips miniature
- ☐ 0.5 cup plus
- ☐ 1.3 cups oat bran
- ☐ 1.3 cup oats
- ☐ 0.7 cup peanut butter
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups unprocessed wheat bran

☐ 1.5 teaspoons vanilla extract

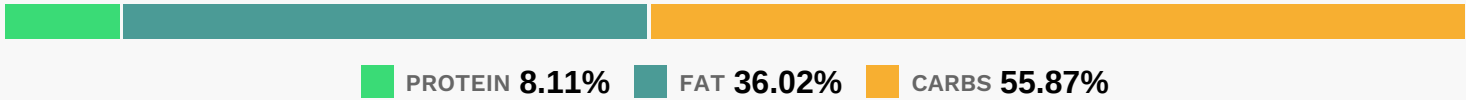
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line a 9×13 inch metal pan with nonstick foil.In a mixing bowl, stir together the butter, corn syrup, peanut butter, brown sugar, vanilla and salt.
- ☐ Add the oats, wheat bran and oat bran and stir well, then stir in the chocolate chips.Press mixture into the lined pan and bake for 15 to 20 minutes.
- ☐ Let cool completely (this is important).
- ☐ Remove from pan and slice into bars. For chewier bars, put them in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:9.15, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:6.7682608283408%

Nutrients (% of daily need)

Calories: 171.5kcal (8.58%), Fat: 7.66g (11.79%), Saturated Fat: 2.86g (17.84%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 23.64g (8.6%), Sugar: 16.84g (18.71%), Cholesterol: 7.15mg (2.38%), Sodium: 108.72mg (4.73%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 3.88g (7.76%), Manganese: 0.96mg (48.21%), Magnesium: 52.07mg (13.02%), Fiber: 3.09g (12.37%), Phosphorus: 119.13mg (11.91%), Selenium: 6.87µg (9.82%), Vitamin B1: 0.12mg (8.17%), Vitamin B3: 1.48mg (7.41%), Iron: 1.06mg (5.88%), Vitamin E: 0.85mg (5.68%), Copper: 0.11mg (5.32%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.09mg (4.48%), Potassium: 140.13mg (4%), Folate: 13.34µg (3.33%), Vitamin B2: 0.05mg (3.1%), Vitamin B5: 0.3mg (2.98%), Calcium: 23.78mg (2.38%), Vitamin A: 84.66IU (1.69%)