



Chocolate Peanut-Butter Energy Bars

 Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons canola oil
- ☐ 0.8 cup cranberries dried
- ☐ 0.5 cup roasted peanuts
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup peanut butter

- ☐ 1.5 cups rolled barley flakes
- ☐ 1 cup semi chocolate chips divided
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.5 cup flour whole-wheat

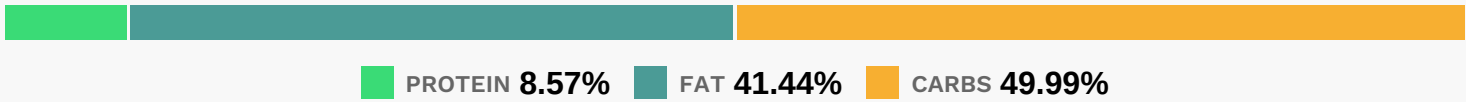
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Spray a 13- x 9-inch baking pan with cooking spray.
- ☐ In a small bowl, whisk together flour, baking soda, and cinnamon. In a large bowl, beat brown sugar and peanut butter until well combined. Beat in eggs, oil, and vanilla. Stir in flour mixture.
- ☐ Add barley flakes (or rolled oats), cranberries, peanuts, and 3/4 cup chocolate chips, stirring to combine.
- ☐ Spread evenly in prepared pan.
- ☐ Bake 20-25 minutes, until lightly browned and firm to the touch. Cool completely in pan on wire rack.
- ☐ In a small bowl set in a pan of simmering water, melt remaining 1/4 cup chocolate chips, stirring until smooth. With fork, drizzle chocolate over bars; refrigerate until set.
- ☐ Cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:0.95, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:5.285652163641%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 222kcal (11.1%), Fat: 10.69g (16.44%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 26.17g (9.52%), Sugar: 18.01g (20.01%), Cholesterol: 19.14mg (6.38%), Sodium: 83.74mg (3.64%), Alcohol: 0.07g (100%), Alcohol %: 0.17% (100%), Caffeine: 7.74mg (2.58%), Protein: 4.97g (9.94%), Manganese: 0.45mg (22.57%), Fiber: 2.84g (11.36%), Magnesium: 38.81mg (9.7%), Copper: 0.19mg (9.39%), Vitamin B3: 1.67mg (8.35%), Phosphorus: 80.85mg (8.08%), Vitamin E: 1.06mg (7.04%), Iron: 1.25mg (6.95%), Selenium: 4.84µg (6.92%), Potassium: 171.29mg (4.89%), Zinc: 0.63mg (4.18%), Folate: 13.93µg (3.48%), Vitamin B6: 0.07mg (3.41%), Vitamin B2: 0.05mg (2.89%), Vitamin B1: 0.04mg (2.74%), Vitamin B5: 0.27mg (2.66%), Calcium: 26.27mg (2.63%), Vitamin K: 2.1µg (2%), Vitamin B12: 0.06µg (1.01%)