



Cinnamon-Raisin Granola Bars



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



20

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups oats
- ☐ 1 cup raisins
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup flour whole wheat
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup wheat germ
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.5 teaspoon salt

- ☐ 1 eggs slightly beaten
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 0.5 cup honey
- ☐ 1 teaspoon vanilla

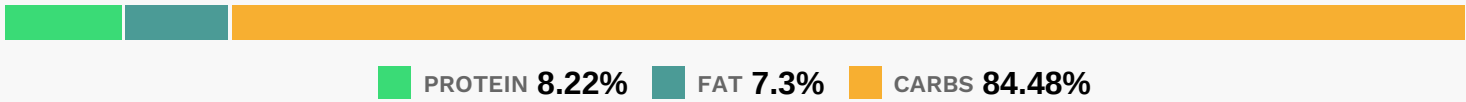
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In large bowl, stir together oats, raisins, all-purpose flour, whole wheat flour, brown sugar, wheat germ, cinnamon and salt. In small bowl, beat egg, applesauce, honey and vanilla with whisk until well combined.
- ☐ Pour applesauce mixture into oat mixture; stir until well blended.
- ☐ Pour mixture into baking dish.
- ☐ Bake 20 minutes for soft granola bars; bake 30 minutes for firmer granola bars. Cool in dish 5 minutes. For bars, cut into 5 rows by 4 rows. Cool completely in dish, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:10.29, Inflammation Score:-2, Nutrition Score:5.8486955878527%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 137.56kcal (6.88%), Fat: 1.17g (1.8%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 28.19g (10.25%), Sugar: 13g (14.45%), Cholesterol: 8.18mg (2.73%), Sodium: 66.28mg (2.88%), Alcohol: 0.07g (100%), Alcohol %: 0.18% (100%), Protein: 2.97g (5.93%), Manganese: 0.89mg (44.37%), Selenium: 8.41µg (12.02%), Vitamin B1: 0.14mg (9.44%), Fiber: 2.29g (9.15%), Phosphorus: 82.33mg (8.23%), Magnesium: 26.29mg (6.57%), Iron: 1.11mg (6.17%), Zinc: 0.82mg (5.44%), Copper: 0.1mg (5.15%), Folate: 19.38µg (4.85%), Vitamin B2: 0.08mg (4.46%), Potassium: 149.48mg (4.27%), Vitamin B6: 0.08mg (4.14%), Vitamin B3: 0.73mg (3.64%), Vitamin B5: 0.24mg (2.41%), Calcium: 17.47mg (1.75%)