



Crispy Kale Bars

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup karo syrup light organic
- ☐ 0.3 cup cranberries dried coarsely chopped
- ☐ 1 large bunch crossing over quintessential american desserts
- ☐ 0.3 cup evaporated cane juice light organic packed
- ☐ 1 cup whole-grain oat cereal unsweetened
- ☐ 1 cup oats
- ☐ 0.3 teaspoon sea salt fine

- ☐ 3 tablespoons sesame seed
- ☐ 0.3 cup julienne-cut oil-packed sun-dried tomatoes unsweetened
- ☐ 0.3 cup sunflower seeds green (pumpkin seeds)
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ salad spinner
- ☐ cutting board

Directions

- ☐ Line an 8-inch square baking pan with foil or parchment paper and spray with nonstick cooking spray.
- ☐ Preheat oven to 350°F.
- ☐ To prepare the kale: Thoroughly wash the kale under cold water and then remove all of the excess moisture by blotting the leaves between several layers of paper towels or spinning multiple times in a salad spinner.
- ☐ Transfer the kale to a parchment-lined baking sheet.
- ☐ Drizzle the leaves with the oil, tossing to coat the leaves.

- ☐ Bake the kale in the preheated oven for 12–17 minutes until the leaves appear paper-thin and crisp, but not browned (watch closely). Using the parchment liner, transfer the kale to a rack and cool completely, about 10 minutes.
- ☐ Meanwhile, spread the oats, pepitas, and sesame seeds on a large rimmed baking sheet.
- ☐ Bake in the preheated oven for 5 to 8 minutes, shaking halfway through, until golden and fragrant.
- ☐ Transfer to a large bowl; stir in cereal and berries. Crumble the cooled kale leaves into the bowl; gently stir to combine.
- ☐ Combine the nut or seed butter, sugar, syrup, and salt in a small saucepan.
- ☐ Heat over medium-low, stirring, for 4 to 5 minutes until the sugar is dissolved and the mixture is bubbly.
- ☐ Remove from heat and stir in the almond extract.
- ☐ Immediately pour the syrup mixture over the oats mixture, mixing with a spatula until coated.
- ☐ Transfer the mixture to the prepared pan.
- ☐ Place a large piece of parchment paper, wax paper, or plastic wrap (coated with nonstick cooking spray) atop the bar mixture and use it to spread, flatten, and very firmly compact the mixture evenly in the pan. Refrigerate at least 1 hour until firmly set.
- ☐ Using the liner, lift the mixture from the pan and transfer to a cutting board.
- ☐ Cut into 10 bars.
- ☐ **BAR TIPS** –For best results, do not use peanut butter; it will overwhelm the other flavors in the bars.–The ratio of dry and liquid sweeteners here is essential for binding the bars–experiment at your own risk!–The crispy kale leaves can be prepared up to 1 day ahead. Cool completely and store in an airtight container until ready to use.
BAR KEEPING Tightly wrap the bars individually in plastic wrap.
ROOM TEMP: 2 days **REFRIGERATOR:** 1 week **FREEZER:** 3 months in airtight container; thaw 1/2 hour
BAR VARIATION CRISPY SPINACH & APRICOT BARS Prepare as directed, but use 6 cups of packed baby spinach leaves in place of the kale and an equal amount of chopped dried apricots in place of the dried berries. Omit the almond extract and add 1 1/2 teaspoons finely grated orange zest instead.
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Nutrition Facts



 PROTEIN **9.79%**  FAT **40.46%**  CARBS **49.75%**

Properties

Glycemic Index:12, Glycemic Load:3.3, Inflammation Score:-4, Nutrition Score:8.6034782469759%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 198.98kcal (9.95%), Fat: 9.64g (14.83%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 24.82g (9.02%), Sugar: 14.33g (15.92%), Cholesterol: 0.08mg (0.03%), Sodium: 80.02mg (3.48%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 5.25g (10.49%), Manganese: 0.69mg (34.39%), Magnesium: 77mg (19.25%), Copper: 0.37mg (18.35%), Phosphorus: 145.95mg (14.59%), Vitamin B1: 0.21mg (14.05%), Vitamin E: 1.83mg (12.2%), Folate: 40.6µg (10.15%), Vitamin B6: 0.2mg (9.92%), Iron: 1.69mg (9.36%), Selenium: 5.99µg (8.56%), Zinc: 1.14mg (7.58%), Fiber: 1.85g (7.39%), Vitamin B5: 0.72mg (7.25%), Vitamin B3: 1.28mg (6.4%), Vitamin B2: 0.1mg (5.96%), Calcium: 55.37mg (5.54%), Vitamin K: 3.07µg (2.92%), Potassium: 79.32mg (2.27%), Vitamin C: 1.3mg (1.58%)