



## Eggless Fruit & Nuts Bars

 Vegetarian

READY IN



52 min.

SERVINGS



28

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar light white (I used sugar)
- ☐ 0.8 cup buttermilk (Instead Of 3 Eggs)
- ☐ 3 cups fruits dried chopped (any combination) (I used 1lb Fruit And Peel Mix)
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 cups nuts chopped (Any Nuts)
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup pastry flour whole wheat

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ spatula

## Directions

- ☐ Preheat the oven at 350F for 15 minutes. Grease and dust a 13×9 inch pan with little flour. In a large bowl whisk together whole wheat pastry flour, baking soda, baking powder, salt, ground ginger (if using) and light brown sugar. Also add the chopped dried fruits and nuts of your choice. Make sure that the dried fruits are not lumped together. Use your fingers mix it thoroughly. In a liquid measuring mug, measure 3/4th cup of buttermilk and vanilla extract; whisk it nicely.
- ☐ Add the wet ingredients to the dry ingredients and mix it well. Since it's a lot of dried fruits and nuts, chances are the flour mixture in the bottom may not be combined well.
- ☐ Spread the batter into the prepared pan and use a spatula to evenly press it. I baked for 30 minutes first and then slowly increased the time and around 37th minute took the pan from the oven. Check the center of the cake with a toothpick to see if it's done and time it accordingly because ovens may vary. Once out of the oven, leave the pan on a wire rack and let it cool completely before cutting it.
- ☐ Let it cool completely; don't be in a hurry or else you will end up with broken pieces. Anyways the bars taste better the next day and gets even better later, so be patient. These bars will keep good for 2 weeks in room temperature and store for months in the refrigerator.

## Nutrition Facts



 PROTEIN **9.47%**  FAT **51.39%**  CARBS **39.14%**

Properties

Glycemic Index:5.45, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:4.5973913151285%

Nutrients (% of daily need)

Calories: 136.45kcal (6.82%), Fat: 8.26g (12.7%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.01g (4.37%), Sugar: 7.01g (7.79%), Cholesterol: 0.71mg (0.24%), Sodium: 45.37mg (1.97%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 3.42g (6.85%), Manganese: 0.45mg (22.28%), Copper: 0.23mg (11.66%), Magnesium: 41.45mg (10.36%), Phosphorus: 88.08mg (8.81%), Fiber: 2.14g (8.57%), Vitamin B3: 1mg (4.98%), Zinc: 0.72mg (4.79%), Iron: 0.8mg (4.46%), Potassium: 140.74mg (4.02%), Vitamin B1: 0.05mg (3.54%), Vitamin B6: 0.07mg (3.34%), Selenium: 2.28µg (3.26%), Vitamin B2: 0.05mg (3.15%), Calcium: 25.96mg (2.6%), Folate: 10µg (2.5%), Vitamin B5: 0.25mg (2.45%), Vitamin A: 89.9IU (1.8%), Vitamin K: 1.25µg (1.19%)