



Energy Bars

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds raw
- ☐ 0.5 cup dates dried pitted
- ☐ 0.5 cup apricots dried
- ☐ 2 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 cup powdered nonfat milk dry
- ☐ 0.5 cup raisins

- ☐ 1 cup cooking rolled oats quick
- ☐ 0.5 cup sunflower seeds raw unsalted
- ☐ 0.5 cup wheat germ toasted
- ☐ 0.3 cup pastry flour whole-wheat

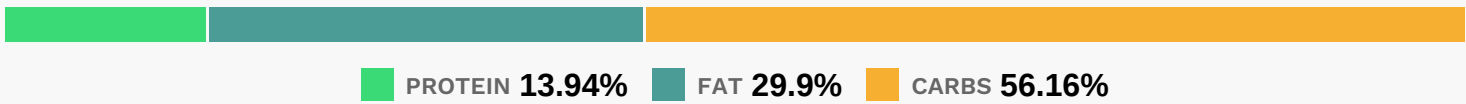
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F. Coat a 9 by 13-inch baking pan with cooking spray.
- ☐ Place all ingredients except the syrup and eggs in a food processor and pulse until the mixture is finely chopped.
- ☐ Add the syrup and eggs and pulse until the mixture is well combined. It will resemble a coarse paste.
- ☐ Transfer to the baking pan and spread evenly.
- ☐ Bake until just done, about 20 minutes.
- ☐ Cut into 20 squares.

Nutrition Facts



Properties

Glycemic Index:14.03, Glycemic Load:6.39, Inflammation Score:-4, Nutrition Score:8.7895652314891%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 132.3kcal (6.62%), Fat: 4.65g (7.16%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 17.2g (6.26%), Sugar: 9.17g (10.19%), Cholesterol: 19.2mg (6.4%), Sodium: 25.89mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.77%), Manganese: 0.93mg (46.29%), Vitamin E: 2.33mg (15.52%), Phosphorus: 133.71mg (13.37%), Vitamin B2: 0.22mg (13.13%), Selenium: 9.06µg (12.95%), Magnesium: 49.18mg (12.29%), Vitamin B1: 0.16mg (10.99%), Fiber: 2.46g (9.84%), Copper: 0.18mg (8.79%), Potassium: 258.02mg (7.37%), Zinc: 1.06mg (7.04%), Vitamin B6: 0.13mg (6.72%), Calcium: 66.95mg (6.7%), Folate: 24.2µg (6.05%), Iron: 1.06mg (5.86%), Vitamin B3: 0.92mg (4.6%), Vitamin A: 211.86IU (4.24%), Vitamin B5: 0.38mg (3.81%), Vitamin D: 0.43µg (2.87%), Vitamin B12: 0.17µg (2.76%)