



Fruit and Nut Granola Bars



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons cinnamon
- ☐ 0.5 cup brown sugar dark packed
- ☐ 0.5 cup apples dried finely chopped
- ☐ 1 large eggs
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup maple syrup
- ☐ 2 cups quick-cooking oats
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup wheat germ
- ☐ 1 cup flour whole-wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350F. Line a 9-by-13-inch baking pan with foil; mist foil with cooking spray.
- ☐ In a large bowl, mix oats, brown sugar, flour, wheat germ, cinnamon and salt, breaking up any lumps of brown sugar. Toss in raisins, apples and nuts. In a separate bowl, whisk maple syrup, egg, oil and vanilla.
- ☐ Pour maple syrup mixture into oat mixture and combine well, using your hands.
- ☐ Press mixture into baking pan and bake until just turning golden brown around edges, 30 to 35 minutes.
- ☐ Place on a wire rack to cool for 5 minutes. Using a sharp knife, cut into bars in pan while still warm.
- ☐ Let cool further before removing from pan to rack to cool completely.

Nutrition Facts



 PROTEIN **9.09%**  FAT **24.92%**  CARBS **65.99%**

Properties

Glycemic Index:14.14, Glycemic Load:8.49, Inflammation Score:-3, Nutrition Score:10.000434854756%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 196.13kcal (9.81%), Fat: 5.66g (8.71%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 30.52g (11.1%), Sugar: 16.32g (18.13%), Cholesterol: 12.4mg (4.13%), Sodium: 89.15mg (3.88%), Alcohol: 0.3g (100%), Alcohol %: 0.62% (100%), Protein: 4.65g (9.3%), Manganese: 1.67mg (83.48%), Selenium: 13.04µg (18.63%), Magnesium: 60.45mg (15.11%), Phosphorus: 137.61mg (13.76%), Fiber: 3.22g (12.9%), Vitamin B1: 0.19mg (12.71%), Vitamin B2: 0.17mg (10.12%), Copper: 0.2mg (9.79%), Zinc: 1.27mg (8.45%), Iron: 1.41mg (7.85%), Vitamin B6: 0.14mg (7.13%), Folate: 23.37µg (5.84%), Potassium: 200.99mg (5.74%), Vitamin B3: 0.9mg (4.48%), Calcium: 34.65mg (3.46%), Vitamin K: 3.62µg (3.45%), Vitamin B5: 0.31mg (3.1%), Vitamin E: 0.34mg (2.27%)