



Granola Bars

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 ounces almonds sliced
- 1.8 ounces brown sugar dark packed
- 6.5 ounces fruit dried chopped
- 6 ounces honey
- 0.5 teaspoon kosher salt
- 8 ounces old-fashioned rolled oats
- 1.5 ounces sunflower seeds raw
- 1 ounce butter unsalted for pan

- 2 teaspoons vanilla extract
- 1.5 ounces wheat germ

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- glass baking pan

Directions

- Watch how to make this recipe.
- Butter a 9 by 9-inch glass baking dish and set aside. Preheat the oven to 350 degrees F.
- Spread the oats, sunflower seeds, almonds, and wheat germ onto a half-sheet pan.
- Place in the oven and toast for 15 minutes, stirring occasionally.
- In the meantime, combine the honey, brown sugar, butter, extract and salt in a medium saucepan and place over medium heat. Cook until the brown sugar has completely dissolved.
- Once the oat mixture is done, remove it from the oven and reduce the heat to 300 degrees F. Immediately add the oat mixture to the liquid mixture, add the dried fruit, and stir to combine. Turn mixture out into the prepared baking dish and press down, evenly distributing the mixture in the dish and place in the oven to bake for 25 minutes.
- Remove from the oven and allow to cool completely.
- Cut into squares and store in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:9.87, Inflammation Score:-3, Nutrition Score:8.9099998559965%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 196.51kcal (9.83%), Fat: 6.75g (10.38%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 28.05g (10.2%), Sugar: 17.76g (19.73%), Cholesterol: 3.81mg (1.27%), Sodium: 76.82mg (3.34%), Alcohol: 0.17g (100%), Alcohol %: 0.42% (100%), Protein: 4.6g (9.19%), Manganese: 1.11mg (55.6%), Vitamin E: 2.44mg (16.25%), Fiber: 3.83g (15.3%), Magnesium: 57.32mg (14.33%), Phosphorus: 132.32mg (13.23%), Vitamin B1: 0.18mg (11.69%), Selenium: 8.04µg (11.48%), Copper: 0.22mg (10.91%), Zinc: 1.24mg (8.29%), Iron: 1.41mg (7.82%), Vitamin B2: 0.12mg (7.05%), Potassium: 220.27mg (6.29%), Folate: 21.71µg (5.43%), Vitamin B6: 0.11mg (5.4%), Calcium: 47.17mg (4.72%), Vitamin B3: 0.84mg (4.22%), Vitamin B5: 0.34mg (3.37%), Vitamin K: 2.2µg (2.1%)