



Granola Bars



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup coconut or shredded
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.5 cup honey
- ☐ 2 cups rolled oats
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

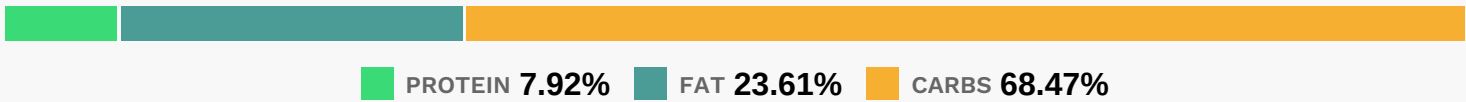
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a 9-inch square baking dish.
- ☐ Spread the oats and coconut evenly across a baking sheet.
- ☐ Toast oats and coconut in preheated oven until browned, about 10 minutes; transfer to a large mixing bowl.
- ☐ Mix honey, peanut butter, vanilla extract, and salt in a saucepan over medium-low heat. Cook and stir until smooth.
- ☐ Pour the honey mixture over the oats and coconut; stir to coat.
- ☐ Spread the mixture evenly into the prepared baking dish.
- ☐ Bake in preheated oven until beginning to dry, about 15 minutes. Cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:13.9, Inflammation Score:-2, Nutrition Score:5.8308696021204%

Nutrients (% of daily need)

Calories: 184.25kcal (9.21%), Fat: 5.04g (7.76%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 30.17g (10.97%), Sugar: 18.39g (20.43%), Cholesterol: 0mg (0%), Sodium: 56.6mg (2.46%), Alcohol: 0.17g (100%), Alcohol %: 0.43% (100%), Protein: 3.81g (7.61%), Manganese: 0.89mg (44.38%), Fiber: 2.73g (10.93%), Phosphorus: 103.2mg (10.32%), Selenium: 6.7µg (9.57%), Magnesium: 36.82mg (9.2%), Vitamin B1: 0.1mg (6.81%), Iron: 1.14mg (6.34%), Copper: 0.13mg (6.29%), Zinc: 0.94mg (6.28%), Vitamin B3: 0.81mg (4.07%), Potassium: 125.5mg (3.59%), Vitamin E: 0.46mg (3.08%), Vitamin B5: 0.3mg (2.99%), Folate: 11.65µg (2.91%), Vitamin B2: 0.05mg (2.86%), Vitamin B6: 0.05mg (2.3%), Calcium: 14.55mg (1.45%)