

Granola Bars

READY IN



70 min.

SERVINGS



12

CALORIES



558 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds roughly chopped
- ☐ 0.3 cup apple juice
- ☐ 1 cup brown sugar
- ☐ 4 tablespoons butter melted plus more for greasing
- ☐ 0.3 cup canola oil
- ☐ 1.5 cups rice cereal
- ☐ 0.5 cup honey
- ☐ 8 ounces chocolate melted
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.5 cup pecans finely chopped
- ☐ 6 cups rolled oats quick not oats
- ☐ 1 teaspoon salt
- ☐ 3 teaspoons vanilla extract
- ☐ 1 cup wheat germ

Equipment

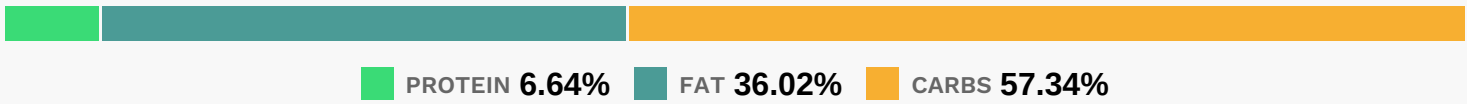
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a bowl, toss the oats with the canola oil, melted butter and salt.
- ☐ Spread the mixture out on 2 baking sheets and toast in the oven for 15 to 20 minutes, shaking the pan twice and making sure they don't burn.
- ☐ Remove from the oven and set aside. Reduce the heat to 325 degrees F.
- ☐ In a medium saucepan, combine the brown sugar, honey, apple juice and molasses.
- ☐ Heat the mixture slowly, stirring until all combined. Stir in the vanilla and remove from the heat.
- ☐ Toss together the toasted oats, rice cereal, wheat germ, pecans and almonds.
- ☐ Pour in the sugar mixture, stirring as you pour. Toss to combine; it will be sticky.
- ☐ Press into 1 baking sheet (thoroughly greased with butter) and bake until golden, about 25 minutes.
- ☐ Remove from oven and let cool.

- ☐
- Cut pieces with a sharp knife and remove from the pan. You can cut them while they're still warm if that's easier.
- ☐
- Dip the cooled granola bars straight into the melted chocolate so that the top is plain and the bottom is chocolate-covered. Set on parchment until set, sticking in the fridge to hasten this along if necessary.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:22.42, Inflammation Score:-6, Nutrition Score:19.532608910747%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 558.2kcal (27.91%), Fat: 23.32g (35.88%), Saturated Fat: 7.56g (47.25%), Carbohydrates: 83.55g (27.85%), Net Carbohydrates: 76.24g (27.72%), Sugar: 45.96g (51.07%), Cholesterol: 10.03mg (3.34%), Sodium: 266.33mg (11.58%), Alcohol: 0.34g (100%), Alcohol %: 0.32% (100%), Caffeine: 12.47mg (4.16%), Protein: 9.68g (19.36%), Manganese: 3.37mg (168.5%), Magnesium: 134.16mg (33.54%), Selenium: 22.43µg (32.04%), Phosphorus: 311.61mg (31.16%), Vitamin B1: 0.46mg (30.53%), Fiber: 7.31g (29.25%), Iron: 4.72mg (26.25%), Zinc: 3.77mg (25.12%), Copper: 0.49mg (24.33%), Folate: 68.39µg (17.1%), Vitamin B6: 0.31mg (15.43%), Vitamin B2: 0.26mg (15.22%), Potassium: 475.94mg (13.6%), Vitamin E: 1.98mg (13.22%), Vitamin B3: 2.13mg (10.66%), Vitamin B5: 0.88mg (8.85%), Calcium: 85.26mg (8.53%), Vitamin K: 5.85µg (5.57%), Vitamin A: 181.75IU (3.63%), Vitamin B12: 0.2µg (3.28%), Vitamin C: 0.92mg (1.11%)