



## Granola Energy Bars

READY IN



60 min.

SERVINGS



24

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup butter melted
- 1.5 cups creamy peanut butter
- 3 tablespoons flax seeds
- 1 tablespoon ground cinnamon
- 1 cup honey
- 0.5 cup oat bran
- 3.5 cups cooking oats quick
- 0.8 cup raisins
- 1 teaspoon salt

- 8 ounces semi chocolate chips melted
- 0.5 cup sesame seed toasted sun luck® (such as )
- 0.7 cup sunflower seeds
- 0.5 cup wheat germ

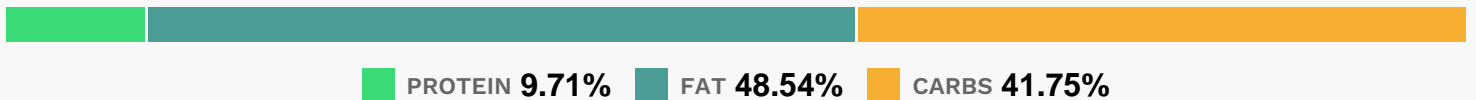
## Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil

## Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line a 9x13 inch pan with aluminum foil.
- Combine the oatmeal, raisins, sunflower seeds, wheat germ, oat bran, flax seeds, cinnamon, and salt in the bowl of a mixer.
- Mix in peanut butter, honey, and melted butter. Press mixture evenly into prepared pan.
- Bake in the preheated oven for 15 minutes.
- Spread the melted chocolate chips over top; refrigerate until hard, about 30 minutes.
- Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:16.11, Glycemic Load:13.81, Inflammation Score:-5, Nutrition Score:14.091739019622%

## Nutrients (% of daily need)

Calories: 330.07kcal (16.5%), Fat: 19.02g (29.27%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 31.92g (11.61%), Sugar: 17.1g (19%), Cholesterol: 5.65mg (1.88%), Sodium: 185.88mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 8.56g (17.12%), Manganese: 1.59mg

(79.59%), Magnesium: 117.27mg (29.32%), Copper: 0.49mg (24.42%), Phosphorus: 228.9mg (22.89%), Vitamin E: 3.02mg (20.11%), Fiber: 4.89g (19.54%), Vitamin B1: 0.27mg (17.94%), Selenium: 12.04µg (17.2%), Vitamin B3: 3.07mg (15.35%), Iron: 2.64mg (14.65%), Zinc: 1.94mg (12.94%), Vitamin B6: 0.22mg (10.75%), Folate: 38.76µg (9.69%), Potassium: 317.93mg (9.08%), Calcium: 64.35mg (6.43%), Vitamin B2: 0.1mg (6.15%), Vitamin B5: 0.45mg (4.46%), Vitamin K: 1.51µg (1.44%), Vitamin A: 66.94IU (1.34%)