



Healthy Orange and Cranberry Breakfast Bars

 Dairy Free

READY IN



55 min.

SERVINGS



24

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon allspice
- 2 tablespoons smooth almond butter
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- 1 medium apples grated
- 3 tablespoons peach pie filling pureed (or no sugar apple puree)
- 1.5 teaspoons baking soda
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed

- 1 cup juice of lemon (with 1 tablespoon lemon juice)
- 1 tablespoon canola oil
- 1 cup carrots (grated (2 medium carrots))
- 1 cup cranberries (mixed dried chopped)
- 1 extra large egg whites (or 1 regular egg and 1 egg white)
- 2 teaspoons ground cinnamon
- 1 pinch kosher salt
- 0.5 cup oat bran
- 1 orange zest
- 1 tablespoon vanilla extract
- 0.3 cup granulated sugar (white)
- 1.5 cups flour (whole wheat)
- 2 cups zucchini (grated (2 large zucchinis))

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat the oven to 350 degrees F. Spray a 9x13 cake or brownie pan with nonstick cooking spray. If using regular milk instead of buttermilk, mix together milk with lemon juice. Set aside for 5 minutes. Beat egg well, then add both sugars, oil and beat together again.
- Add in vanilla, orange zest, zucchini, carrots, apple, cranberries and the buttermilk/milk and lemon mixture.
- Mix together well. Sift the flour, cinnamon, allspice, baking soda, and salt into another bowl. Stir in oat bran and nuts, if adding, and mix together until combined.
- Add the dry mixture to the wet mixture, mix together until just combined (do not over-mix). Spoon the mixture into the oiled pan.

Bake for about 35–40 minutes or until wooden stick inserted into the middle comes out clean and the bars are not sticky in the middle. Be careful not to over cook or bars will become dry and tough. Once cool, turn out onto board and cut into 24 bars. Bars will keep covered in the fridge for 4–6 days, or wrap individual bars with clingwrap and freeze.

Nutrition Facts

PROTEIN 7.58% **FAT 18.49%** **CARBS 73.93%**

Properties

Glycemic Index:9.93, Glycemic Load:2.63, Inflammation Score:-6, Nutrition Score:5.9273912914745%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 115.28kcal (5.76%), Fat: 2.59g (3.98%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 20.89g (7.6%), Sugar: 13.75g (15.28%), Cholesterol: 0mg (0%), Sodium: 80.21mg (3.49%), Alcohol: 0.19g (100%), Alcohol %: 0.37% (100%), Protein: 2.39g (4.77%), Manganese: 0.58mg (29.16%), Vitamin A: 920.55IU (18.41%), Fiber: 2.37g (9.49%), Selenium: 6.25µg (8.93%), Vitamin C: 7.21mg (8.74%), Magnesium: 28.39mg (7.1%), Vitamin E: 1.01mg (6.76%), Phosphorus: 67.42mg (6.74%), Vitamin B1: 0.08mg (5.44%), Copper: 0.09mg (4.33%), Potassium: 140.91mg (4.03%), Vitamin B2: 0.07mg (3.99%), Vitamin B6: 0.08mg (3.78%), Iron: 0.66mg (3.69%), Vitamin B3: 0.64mg (3.21%), Folate: 12.07µg (3.02%), Zinc: 0.43mg (2.86%), Calcium: 26.53mg (2.65%), Vitamin K: 2.4µg (2.28%), Vitamin B5: 0.17mg (1.7%)