



## Homemade Apple Almond Granola Bars

READY IN



45 min.

SERVINGS



12

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 C rolled oats
- 0.3 C ground flaxseed
- 0.3 C oat bran
- 0.3 C wheat bran
- 0.5 tsp salt
- 2 tsp double-acting baking powder
- 1 tsp cinnamon
- 0.3 C sugar substitute
- 0.3 C coconut flakes unsweetened flaked fine (I used but it'd be to use sweetened.)

- 0.3 C coconut flakes unsweetened flaked fine (I used but it'd be to use sweetened.)
- 1 C skim milk
- 0.3 C honey sweet (I prefer less sweetness in my granola bars, so if you like , you may want to add more.)
- 1 eggs beaten
- 1 tsp vanilla extract
- 1 small apples finely chopped
- 0.7 C almonds chopped

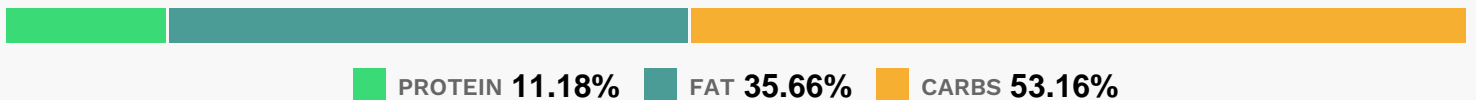
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 35
- Spray 9x13 pan with non-stick cooking spray.
- In a large bowl, stir together the oats, flax seed, oat bran, wheat bran, salt, powder, cinnamon, sugar substitute, and coconut until well combined.
- Add in the milk, honey, egg, and vanilla. Stir until combined.
- Stir in the apples and almonds.
- Press into pan.
- Bake for 15-20 minutes or until edges start to brown.
- Let cool for 10 minutes, then cut into bars.
- Let cool completely.

## Nutrition Facts



## Properties

Glycemic Index:36.92, Glycemic Load:11.33, Inflammation Score:-4, Nutrition Score:11.28347826087%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Taste

Sweetness: 100%, Saltiness: 25.42%, Sourness: 22.42%, Bitterness: 8.23%, Savoriness: 15.97%, Fattiness: 37.69%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 220.68kcal (11.03%), Fat: 9.37g (14.42%), Saturated Fat: 2.81g (17.55%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 25.93g (9.43%), Sugar: 13.51g (15.01%), Cholesterol: 14.25mg (4.75%), Sodium: 195.73mg (8.51%), Protein: 6.61g (13.23%), Manganese: 1.31mg (65.25%), Fiber: 5.52g (22.07%), Phosphorus: 214.43mg (21.44%), Magnesium: 78.31mg (19.58%), Vitamin E: 2.24mg (14.93%), Selenium: 10.38µg (14.82%), Vitamin B1: 0.2mg (13.43%), Copper: 0.25mg (12.45%), Calcium: 119.4mg (11.94%), Vitamin B2: 0.19mg (11.06%), Iron: 1.8mg (9.98%), Zinc: 1.41mg (9.39%), Potassium: 252.08mg (7.2%), Vitamin B6: 0.1mg (4.96%), Vitamin B5: 0.49mg (4.94%), Folate: 17.03µg (4.26%), Vitamin B3: 0.84mg (4.2%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.3µg (1.99%), Vitamin A: 68.98IU (1.38%)