



## Homemade Chewy Granola Bars

READY IN



45 min.

SERVINGS



12

CALORIES



588 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup brown sugar packed
- 1 cup brown sugar packed
- 0.7 cup peanut butter
- 0.5 cup plus light
- 0.5 cup butter melted
- 2 teaspoons vanilla
- 3 cups oats quick
- 0.5 cup coconut or
- 0.5 cup sunflower seeds

- 0.5 cup cherries dried
- 1 cup wheat germ
- 2 tablespoons sesame seed
- 1 cup chocolate chips

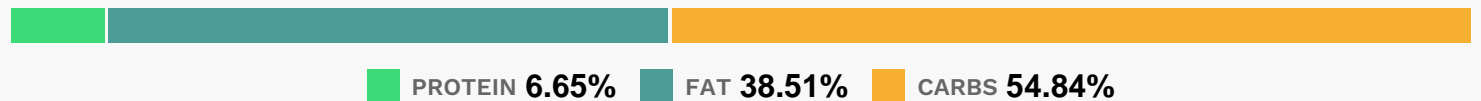
## Equipment

- bowl
- frying pan
- oven

## Directions

- Grease 13 x 9 inch pan. In large bowl, combine brown sugar, peanut butter, corn syrup, butter and vanilla; blend well. Stir in remaining ingredients. Press mixture evenly into pan.
- Bake at 350 degrees for 15–20 minutes or until light golden brown. Cool completely and cut into bars. Store tightly covered.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:10.37, Inflammation Score:-7, Nutrition Score:17.60652173913%

## Taste

Sweetness: 100%, Saltiness: 8.09%, Sourness: 4.44%, Bitterness: 2.31%, Savoriness: 3.19%, Fattiness: 44.93%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 587.66kcal (29.38%), Fat: 26.29g (40.44%), Saturated Fat: 10.7g (66.9%), Carbohydrates: 84.22g (28.07%), Net Carbohydrates: 78.94g (28.71%), Sugar: 59.91g (66.56%), Cholesterol: 20.34mg (6.78%), Sodium: 145.32mg (6.32%), Alcohol: 0.23g (1.27%), Protein: 10.21g (20.42%), Manganese: 2.57mg (128.66%), Magnesium: 129.46mg (32.37%), Selenium: 19.46µg (27.8%), Vitamin B1: 0.41mg (27.59%), Phosphorus: 274.9mg (27.49%), Vitamin E: 3.64mg (24.28%), Fiber: 5.27g (21.08%), Copper: 0.4mg (19.93%), Zinc: 2.69mg (17.95%), Vitamin B3: 3.32mg (16.58%), Vitamin B6: 0.31mg (15.57%), Folate: 61.23µg (15.31%), Iron: 2.7mg (15.01%), Potassium: 388.03mg

(11.09%), Calcium: 87.99mg (8.8%), Vitamin A: 418.57IU (8.37%), Vitamin B2: 0.13mg (7.48%), Vitamin B5: 0.64mg (6.45%), Vitamin K: 1.36µg (1.3%)