Homemade Granola Bars

Vegetarian

READY IN	SERVINGS	CALORIES
245 min.	12	260 kcal

MORNING MEAL | BRUNCH | BREAKFAST

Ingredients

- [ ] 1 cup almonds sliced
- [ ] 1 cup coconut or shredded loosely packed
- [ ] 0.5 cup dates pitted chopped
- [ ] 0.5 cup apricots dried chopped
- [ ] 0.5 cup cranberries dried
- [ ] 0.7 cup honey
- [ ] 0.3 teaspoon kosher salt
- [ ] 0.3 cup brown sugar light packed

- [ ] 2 cups old-fashioned oatmeal
- [ ] 3 tablespoons butter unsalted
- [ ] 1.5 teaspoons vanilla extract pure
- [ ] 0.5 cup wheat germ toasted

Equipment

- [ ] frying pan
- [ ] sauce pan
- [ ] baking paper
- [ ] oven
- [ ] mixing bowl
- [ ] baking pan

Directions

- [ ] Watch how to make this recipe.
- [ ] Preheat the oven to 350 degrees F. Butter an 8 by 12-inch baking dish and line it with parchment paper.
- [ ] Toss the oatmeal, almonds, and coconut together on a sheet pan and bake for 10 to 12 minutes, stirring occasionally, until lightly browned.
- [ ] Transfer the mixture to a large mixing bowl and stir in the wheat germ.
- [ ] Reduce the oven temperature to 300 degrees F.
- [ ] Place the butter, honey, brown sugar, vanilla, and salt in a small saucepan and bring to a boil over medium heat. Cook and stir for a minute, then pour over the toasted oatmeal mixture.
- [ ] Add the dates, apricots, and cranberries and stir well.
- [ ] Pour the mixture into the prepared pan. Wet your fingers and lightly press the mixture evenly into the pan.
- [ ] Bake for 25 to 30 minutes, until light golden brown. Cool for at least 2 to 3 hours before cutting into squares.
- [ ] Serve at room temperature.

Nutrition Facts

PROTEIN **6.34%** FAT **32.77%** CARBS **60.89%**

Properties

Glycemic Index:18.18, Glycemic Load:13.76, Inflammation Score:-4, Nutrition Score:9.2656520841562%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg 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: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 259.94kcal (13%), Fat: 10.06g (15.48%), Saturated Fat: 4.28g (26.73%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 38.02g (13.83%), Sugar: 31.27g (34.74%), Cholesterol: 7.53mg (2.51%), Sodium: 55.37mg (2.41%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 4.38g (8.76%), Manganese: 1.2mg (59.98%), Vitamin E: 2.43mg (16.23%), Fiber: 4.04g (16.17%), Magnesium: 50.27mg (12.57%), Phosphorus: 124.55mg (12.46%), Copper: 0.22mg (10.96%), Selenium: 7.46µg (10.65%), Vitamin B1: 0.14mg (9.65%), Zinc: 1.38mg (9.21%), Vitamin B2: 0.14mg (8.07%), Iron: 1.44mg (7.98%), Potassium: 272.86mg (7.8%), Folate: 23.14µg (5.78%), Vitamin A: 283.37IU (5.67%), Vitamin B6: 0.1mg (5.24%), Vitamin B3: 1mg (5.02%), Calcium: 38.61mg (3.86%), Vitamin B5: 0.38mg (3.83%), Vitamin K: 1.09µg (1.04%)