



Homemade Peanut Butter Snack Bars

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



469 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup creamy peanut butter
- 0.5 cup cranberries dried
- 0.5 cup honey
- 2 tablespoons brown sugar light
- 0.5 cup nonfat milk powder dry
- 0.5 cup pistachios chopped
- 1 teaspoon vanilla extract pure
- 2 cups puffed wheat cereal

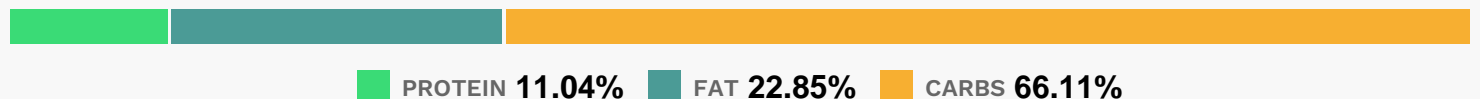
Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- baking pan
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 300 degrees F and adjust racks to the center of the oven. Line an 8- by 8-inch baking dish with parchment paper, leaving a 3-inch overhang over the sides to use as handles later. Spray the parchment with nonstick cooking spray.
- Add the honey, peanut butter, brown sugar and vanilla to a small saucepan and bring to a light simmer, stirring until the peanut butter is well mixed into the honey.
- Combine the cereal, cranberries, pistachios and milk powder in a large bowl and toss all together with your hands.
- Pour the syrup over the cereal mixture and stir all together with a rubber spatula, working quickly because it will get pretty sticky.
- Add the sticky mixture to the prepared baking dish and pat down with the rubber spatula.
- Place a piece of parchment over the top and press down firmly. This will make slicing easier later on.
- Remove the parchment from the top after pressing and bake in the middle rack until just lightly golden, about 25 minutes.
- Cool the bars completely in the pan, and then slice into 8 bars.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:9.74, Inflammation Score:-9, Nutrition Score:33.447825996772%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 468.55kcal (23.43%), Fat: 13.12g (20.19%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 85.42g (28.47%), Net Carbohydrates: 75.87g (27.59%), Sugar: 38.34g (42.6%), Cholesterol: 1.5mg (0.5%), Sodium: 451.27mg (19.62%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 14.27g (28.54%), Vitamin D: 51.15µg (340.98%), Folate: 525.36µg (131.34%), Iron: 18.87mg (104.81%), Zinc: 7.55mg (50.31%), Vitamin B3: 8.68mg (43.4%), Vitamin B6: 0.87mg (43.39%), Vitamin B2: 0.7mg (41.46%), Vitamin B1: 0.59mg (39.55%), Fiber: 9.56g (38.23%), Vitamin B12: 2.19µg (36.5%), Phosphorus: 355.27mg (35.53%), Calcium: 240.78mg (24.08%), Magnesium: 96.18mg (24.05%), Manganese: 0.37mg (18.51%), Vitamin A: 824.36IU (16.49%), Potassium: 537.39mg (15.35%), Vitamin E: 1.8mg (12.03%), Vitamin C: 8.61mg (10.44%), Copper: 0.18mg (9.25%), Vitamin B5: 0.51mg (5.13%), Selenium: 3.5µg (5%)