



## Honey Spiced Granola Bars

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apple sauce
- 1.5 tablespoons brown sugar
- 1 eggs
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 0.3 cup honey

- 1 cup quick-cooking oats
- 0.5 teaspoon salt
- 1.5 teaspoons vanilla extract
- 0.3 cup wheat germ
- 0.3 cup flour whole-wheat

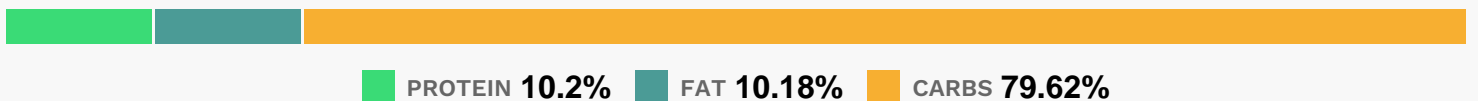
## Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a 8x8-inch baking pan with parchment paper.
- Mix oats, raisins, wheat germ, whole-wheat flour, all-purpose flour, cocoa powder, brown sugar, cinnamon, ginger, allspice, and salt in a large bowl. Make a well in the middle.
- Whisk applesauce, honey, egg, and vanilla extract together in a separate bowl until combined; pour into well of dry ingredients. Stir with two spoons until fully incorporated.
- Pour and press batter into prepared baking pan.
- Bake in the preheated oven until firm, about 20 minutes.
- Remove from pan and cool for about 10 minutes before slicing into 12 pieces.

## Nutrition Facts



## Properties

Glycemic Index:17.69, Glycemic Load:8.07, Inflammation Score:-2, Nutrition Score:5.067826061793%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 98.14kcal (4.91%), Fat: 1.16g (1.79%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 18.87g (6.86%), Sugar: 10.34g (11.49%), Cholesterol: 13.64mg (4.55%), Sodium: 103.86mg (4.52%), Alcohol: 0.17g (100%), Alcohol %: 0.54% (100%), Protein: 2.62g (5.23%), Manganese: 0.83mg (41.46%), Selenium: 7.97µg (11.39%), Vitamin B1: 0.12mg (7.93%), Magnesium: 29.67mg (7.42%), Phosphorus: 71.57mg (7.16%), Fiber: 1.55g (6.2%), Iron: 0.87mg (4.81%), Zinc: 0.68mg (4.51%), Folate: 17.05µg (4.26%), Vitamin B2: 0.06mg (3.61%), Copper: 0.07mg (3.49%), Vitamin B6: 0.06mg (3.13%), Vitamin B3: 0.54mg (2.72%), Potassium: 81.44mg (2.33%), Vitamin B5: 0.2mg (1.99%), Calcium: 12.15mg (1.21%)