



Honey Trail Mix Bars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 16 g cornstarch
- ☐ 135 g mixture of fruits dried (I used cranberries, apricots, cherries)

Equipment

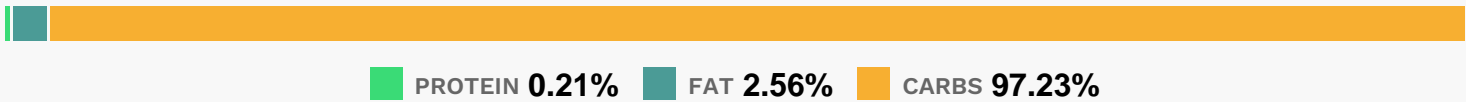
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ mixing bowl

- ☐ loaf pan
- ☐ cutting board
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 300°F . Line a 9 inch square metal pan with parchment paper. If making a half batch, use a 9×5 inch loaf pan instead.In a large mixing bowl, combine the cereal, cashews, almonds, pistachios, pecans, dried fruit, sesame seeds, flaxseed meal, and flaked coconut. Set aside.In a medium saucepan, combine the honey, brown sugar, salt, and cornstarch. Bring to a gentle boil over medium heat.
- ☐ Pour the mixture over the dry ingredients and toss until evenly coated.
- ☐ Transfer the mixture to the prepared pan. Use another piece of parchment paper to press down the mixture so that it is flat and evenly distributed to the corners of the pan.
- ☐ Remove top layer of parchment and bake for 30 minutes.
- ☐ Let cool completely in the pan for several hours.Turn the mixture out onto a cutting board, peeling away the parchment paper on the bottom. Using a serrated knife, cut into 16 squares. Store in a zipper-top bag or an airtight container at room temperature for about a week.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.57478260670019%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 59.6kcal (2.98%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.89g (5.41%), Sugar: 12.25g (13.61%), Cholesterol: 0mg (0%), Sodium: 1.02mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%), Fiber: 0.91g (3.65%), Vitamin E: 0.35mg (2.36%), Manganese: 0.05mg (2.29%), Vitamin K: 1.28µg (1.22%)