



Hummingbird Power Bars

 Vegetarian  Dairy Free

READY IN



110 min.

SERVINGS



15

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup banana chips dried chopped
- 0.3 cup brown sugar light packed
- 1 cup corn flakes/bran flakes
- 2 tablespoons plus light
- 0.5 cup pineapple dried chopped
- 2 large egg whites
- 0.3 cup honey
- 0.5 cup oat bran

- 1.5 cups oats uncooked
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 0.5 cup coconut shredded unsweetened flaked
- 1 teaspoon vanilla extract
- 1 cup walnuts toasted chopped

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- wire rack
- microwave

Directions

- Preheat oven to 30
- Stir together uncooked oats, cereal, walnuts, banana chips, pineapple, coconut, oat bran, and salt in a small bowl. Microwave brown sugar, honey, corn syrup, olive oil, and vanilla in a large microwave-safe bowl at HIGH 1 minute.
- Pour warm honey mixture over oat mixture, stirring to coat.
- Whisk egg whites, and stir into oats mixture. Press into a lightly greased parchment paper-lined 9-inch square pan.
- Bake 50 minutes or until brown. Cool completely in pan on a wire rack (about 45 minutes).
- Cut into 16 squares.
- Note: We tested with Fiber One for high-fiber cereal.

Nutrition Facts



■ PROTEIN 6.85% ■ FAT 43.2% ■ CARBS 49.95%

Properties

Glycemic Index:17.2, Glycemic Load:7.14, Inflammation Score:-3, Nutrition Score:7.9739130813143%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

Nutrients (% of daily need)

Calories: 226.93kcal (11.35%), Fat: 11.74g (18.06%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 27.01g (9.82%), Sugar: 17.64g (19.6%), Cholesterol: 0mg (0%), Sodium: 104.64mg (4.55%), Alcohol: 0.09g (100%), Alcohol %: 0.21% (100%), Protein: 4.18g (8.37%), Manganese: 1.06mg (53.13%), Fiber: 3.53g (14.11%), Magnesium: 47.11mg (11.78%), Copper: 0.23mg (11.32%), Phosphorus: 112.17mg (11.22%), Selenium: 7.58µg (10.83%), Iron: 1.86mg (10.35%), Vitamin B1: 0.15mg (10.26%), Folate: 31.5µg (7.88%), Vitamin B6: 0.13mg (6.46%), Zinc: 0.93mg (6.18%), Vitamin B2: 0.1mg (5.66%), Potassium: 163.25mg (4.66%), Vitamin B3: 0.74mg (3.68%), Vitamin E: 0.45mg (2.97%), Vitamin B5: 0.3mg (2.95%), Calcium: 23.89mg (2.39%), Vitamin B12: 0.14µg (2.29%), Vitamin K: 1.74µg (1.66%), Vitamin C: 1.3mg (1.57%), Vitamin A: 72.93IU (1.46%)