



Michael's Energy Bars

 Vegetarian

READY IN



100 min.

SERVINGS



18

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup apricots dried
- ☐ 1 eggs
- ☐ 0.5 cup golden raisins
- ☐ 0.5 cup milk 2 percent is preferable

- ☐ 0.3 cup golden molasses
- ☐ 0.5 cup nonfat milk dry
- ☐ 1 cup quick-cooking oats
- ☐ 0.5 cup raisins dark
- ☐ 1 pinch gray salt
- ☐ 1 cup unbleached flour all-purpose
- ☐ 0.3 cup butter unsalted room temperature
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 teaspoon vanilla
- ☐ 0.3 cup wheat germ toasted
- ☐ 0.3 cup flour whole-wheat

Equipment

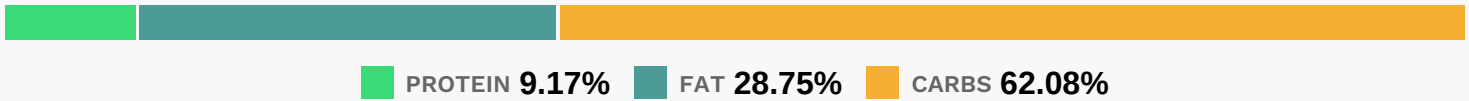
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Preheat oven to 300 degrees F.
- ☐ Place oats and sliced almonds on a baking sheet. Toast in oven for 10 minutes. Set aside. Turn the oven to 325 degrees F.
- ☐ Place raisins, apricots, oats, and almonds in a food processor. Pulse about 10 times until coarsely chopped. Set aside.

- ☐ In the bowl of a heavy-duty mixer fitted with a paddle, beat the butter, brown sugar, molasses and egg until light and fluffy.
- ☐ In a separate bowl, combine both flours, dry milk, wheat germ, baking powder, baking soda, vanilla, and salt.
- ☐ Add to the creamed mixture.
- ☐ Add the milk and mix thoroughly.
- ☐ Add dried fruit mixture.
- ☐ Butter a 13 by 9 by 2-inch baking pan.
- ☐ Pour in the batter and spread evenly.
- ☐ Bake for about 30 minutes, until set. Cool in the pan.
- ☐ Cut into 18 (1 by 4-inch) bars.
- ☐ To store, wrap bars individually in plastic wrap. Will keep for about 1 week. For longer storage, freeze for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:11.41, Inflammation Score:-4, Nutrition Score:7.9365217504294%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 6.43g (9.89%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 31.24g (10.41%), Net Carbohydrates: 29.22g (10.63%), Sugar: 16.02g (17.8%), Cholesterol: 21.28mg (7.09%), Sodium: 98.26mg (4.27%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 4.61g (9.23%), Manganese: 0.69mg (34.45%), Selenium: 9.16µg (13.09%), Phosphorus: 124.19mg (12.42%), Magnesium: 47.32mg (11.83%), Calcium: 103.64mg (10.36%), Vitamin B2: 0.17mg (10.08%), Vitamin B1: 0.15mg (9.91%), Potassium: 318.85mg (9.11%), Fiber: 2.02g

(8.08%), Iron: 1.41mg (7.86%), Copper: 0.14mg (7.07%), Vitamin A: 351.62IU (7.03%), Vitamin E: 1.01mg (6.72%), Folate: 24.12µg (6.03%), Vitamin B6: 0.12mg (5.94%), Zinc: 0.76mg (5.08%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.56µg (3.77%), Vitamin B12: 0.2µg (3.35%)