



Mimi's Granola Bars

 Vegetarian

READY IN



75 min.

SERVINGS



24

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup coconut oil (found in health food stores, it's a solid)
- 1 cup cherries dried
- 1 eggs
- 0.8 cup flour all-purpose
- 1.8 cup cereal organic

- 1 teaspoon ground cinnamon
- 0.3 cup ground flax seeds
- 0.3 cup honey
- 0.8 cup oats organic quick
- 0.3 cup peanut butter
- 1 teaspoon salt
- 1 stick butter unsalted at room temperature
- 0.5 cup coconut or shredded unsweetened
- 0.3 cup wheat germ
- 0.5 cup flour whole-wheat

Equipment

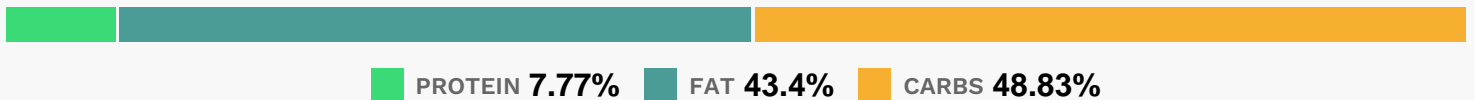
- bowl
- frying pan
- oven
- knife
- wire rack
- plastic wrap
- baking pan
- toothpicks
- stand mixer
- cutting board
- dough scraper

Directions

- Position an oven rack in the middle of the oven and preheat to 350 degrees F.
- In a large bowl, combine the flours, quick oats, flax seed, wheat germ, baking soda, cinnamon, salt and baking powder.

- In a stand mixer, cream together the butter, coconut oil, brown sugar, honey and peanut butter until creamy and well mixed, about 4 minutes, scraping down the bowl halfway through.
- Add the egg and mix until incorporated.
- Add the flour mixture and mix just until incorporated. Fold in the granola, cherries and coconut.
- In a 9 by 13-inch baking pan, place a piece of parchment across the bottom (it will extend over the long sides, but not the ends). Spray with nonstick spray.
- Add the dough to the pan and cover with plastic wrap. Using your hands, gently press the dough out into the pan until evenly spread.
- Place the pan on the middle rack and bake until the edges are starting to brown lightly and a toothpick comes out clean, 35 to 40 minutes.
- Remove from the oven and cool in the pan for 15 to 20 minutes. Then gently lift the parchment out onto a cooling rack and cool completely; it will firm up as it cools, but crumble if you move it too soon. Once completely cool, move to a cutting board and cut into bars with a bench scraper or large knife, about 3 by 1-inch each.

Nutrition Facts



■ **PROTEIN 7.77%**
■ **FAT 43.4%**
■ **CARBS 48.83%**

Properties

Glycemic Index:14.89, Glycemic Load:5.27, Inflammation Score:-4, Nutrition Score:6.5478261152039%

Nutrients (% of daily need)

Calories: 213.04kcal (10.65%), Fat: 10.67g (16.42%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 24.32g (8.84%), Sugar: 13.36g (14.84%), Cholesterol: 16.94mg (5.65%), Sodium: 176.61mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Manganese: 0.8mg (40.22%), Selenium: 7.85µg (11.22%), Fiber: 2.7g (10.82%), Phosphorus: 94.84mg (9.48%), Vitamin B1: 0.14mg (9.43%), Magnesium: 37.31mg (9.33%), Iron: 1.26mg (6.98%), Vitamin A: 307.33IU (6.15%), Copper: 0.12mg (5.88%), Vitamin E: 0.85mg (5.68%), Vitamin B3: 1.1mg (5.48%), Folate: 21.3µg (5.33%), Zinc: 0.74mg (4.95%), Vitamin B2: 0.07mg (4.22%), Vitamin B6: 0.08mg (3.83%), Potassium: 124.41mg (3.55%), Calcium: 33.84mg (3.38%), Vitamin B5: 0.24mg (2.41%)