



M&M's® Granola Bars



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 cup candy-coated milk chocolate pieces (such as M&M's®)
- ☐ 1 eggs
- ☐ 1 cup flax seed meal
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup honey
- ☐ 2.5 cups rolled oats
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup vegetable oil

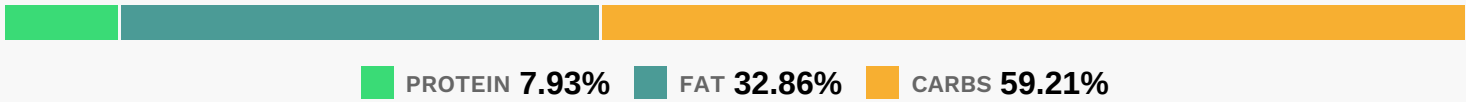
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir oats, milk chocolate pieces, flour, flax seed meal, brown sugar, and salt together in a large bowl. Make a well in the center of the oat mixture.
- ☐ Whisk egg in a separate bowl until light and fluffy.
- ☐ Add honey, oil, and vanilla; whisk until well-combined.
- ☐ Pour egg mixture into the well in the oat mixture. Stir until evenly combined.
- ☐ Pour mixture into a 9x13-inch glass baking dish; pat down and spread the mixture flat, leaving at least 1-inch of space between the mixture and the sides of the dish.
- ☐ Bake in the preheated oven until golden and set, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:11.84, Inflammation Score:-3, Nutrition Score:8.0282607758823%

Nutrients (% of daily need)

Calories: 263.05kcal (13.15%), Fat: 9.78g (15.05%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 35.08g (12.75%), Sugar: 21.69g (24.1%), Cholesterol: 12.18mg (4.06%), Sodium: 127.45mg (5.54%), Alcohol: 0.28g (100%), Alcohol %: 0.51% (100%), Protein: 5.32g (10.63%), Manganese: 0.78mg (38.78%), Vitamin B1: 0.28mg (18.99%), Fiber: 4.59g (18.37%), Magnesium: 59.46mg (14.86%), Selenium: 9.83µg (14.05%), Phosphorus: 130.68mg (13.07%), Iron: 1.76mg (9.78%), Copper: 0.19mg (9.57%), Folate: 28.6µg (7.15%), Zinc: 1.01mg

(6.74%), Calcium: 54.48mg (5.45%), Vitamin B2: 0.09mg (5.39%), Vitamin B3: 0.93mg (4.67%), Potassium: 152.15mg (4.35%), Vitamin B6: 0.07mg (3.64%), Vitamin B5: 0.33mg (3.3%), Vitamin K: 3.22µg (3.07%), Vitamin E: 0.23mg (1.53%)