

Monkey Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons apple juice
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup banana ripe mashed (1 medium)
- ☐ 0.8 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 2 large egg whites
- ☐ 1 cup flour all-purpose

- ☐ 3 tablespoons buttermilk low-fat
- ☐ 1 tablespoon powdered sugar
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped

Equipment

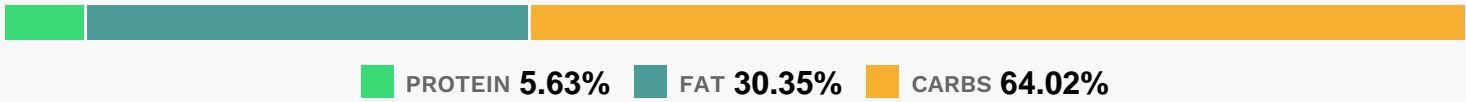
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine raisins and apple juice in a microwave-safe bowl. Microwave at HIGH 1 minute. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 3 ingredients in a bowl; stir with a whisk.
- ☐ Combine brown sugar and butter in a large bowl, and beat with a mixer at medium speed until blended.
- ☐ Add banana and next 3 ingredients, beating well.
- ☐ Add flour mixture, beating just until combined. Stir in raisin mixture and walnuts.
- ☐ Spread batter in an 8-inch square metal baking pan coated with cooking spray.

- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool completely on a wire rack.
- ☐ Sprinkle with powdered sugar, and cut into bars.
- ☐ Kitchen Classroom: Ripe Bananas When selecting bananas, the only way to tell how ripe they are is by the color of the peel. The skin of a perfectly ripe banana will be yellow and slightly speckled with brown spots. It'll be softer and sweeter than green bananas (or even slightly green ones), which are not yet ripe.
- ☐ Mash banana
- ☐ Measure raisins and walnuts
- ☐ Stir together dry ingredients
- ☐ Stir raisin mixture and walnuts into batter

Nutrition Facts



Properties

Glycemic Index:24.46, Glycemic Load:6.87, Inflammation Score:-1, Nutrition Score:2.6682609060536%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 133.23kcal (6.66%), Fat: 4.62g (7.11%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 21.12g (7.68%), Sugar: 11.48g (12.76%), Cholesterol: 7.74mg (2.58%), Sodium: 122.1mg (5.31%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 1.93g (3.86%), Manganese: 0.17mg (8.51%), Selenium: 3.89µg (5.55%), Vitamin B1: 0.08mg (5.19%), Vitamin B2: 0.08mg (4.6%), Folate: 18.27µg (4.57%), Copper: 0.07mg (3.69%), Iron: 0.66mg (3.66%), Fiber: 0.81g (3.23%), Vitamin B3: 0.59mg (2.96%), Potassium: 100.64mg (2.88%), Phosphorus: 28.54mg (2.85%), Calcium: 25.54mg (2.55%), Magnesium: 10.09mg (2.52%), Vitamin B6: 0.05mg (2.4%), Vitamin A: 93.46IU (1.87%), Zinc: 0.17mg (1.1%)