



## Muesli Bars II

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup smooth almond butter
- 0.3 cup almonds chopped
- 1.5 cups honey
- 0.8 cup peanut butter
- 7 cups rice cereal
- 2 cups rolled oats
- 1 cup semi chocolate chips
- 2 teaspoons vanilla extract

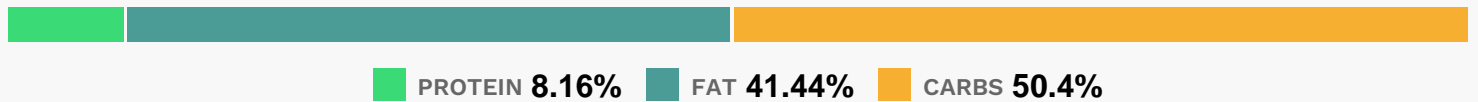
## Equipment

- bowl
- frying pan
- sauce pan
- baking pan

## Directions

- Grease a 9x13 inch baking dish. In a small saucepan over medium heat, combine the honey, peanut butter and almond butter. Bring to a boil, then lower the heat and simmer for 3 minutes.
- Remove from heat and stir in the vanilla.
- In a large bowl, toss together the chocolate chips, rice cereal, almonds and rolled oats. Stir in the peanut butter mixture so everything is evenly distributed. Pack tightly into the prepared pan. Refrigerate until set.
- Cut into bars when cool.

## Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:10.87, Inflammation Score:-3, Nutrition Score:7.5199999031813%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 259.98kcal (13%), Fat: 12.56g (19.33%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 31.6g (11.49%), Sugar: 21.51g (23.91%), Cholesterol: 0.45mg (0.15%), Sodium: 37.46mg (1.63%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Caffeine: 6.45mg (2.15%), Protein: 5.56g (11.13%), Manganese: 0.68mg (34.05%), Vitamin E: 3.09mg (20.57%), Magnesium: 64.07mg (16.02%), Copper: 0.26mg (13.15%), Phosphorus: 128.68mg (12.87%), Fiber: 2.78g (11.12%), Vitamin B3: 1.73mg (8.65%), Vitamin B2: 0.14mg (8.39%), Iron: 1.47mg (8.19%), Zinc: 1.06mg (7.07%), Potassium: 199.64mg (5.7%), Folate: 22.7µg (5.68%), Selenium: 3.9µg (5.58%), Vitamin B1: 0.07mg (4.99%), Calcium: 45.03mg (4.5%), Vitamin B6: 0.06mg (3.02%), Vitamin B5: 0.23mg (2.3%)