



## No-Bake Apple Breakfast Bars

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup apples dried coarsely chopped
- 0.3 cup brown sugar packed
- 3 cups corn flakes/bran flakes fiber honey clusters®
- 0.5 cup plus
- 0.5 teaspoon ground cinnamon
- 0.5 cup peanut butter
- 0.3 cup sunflower seeds

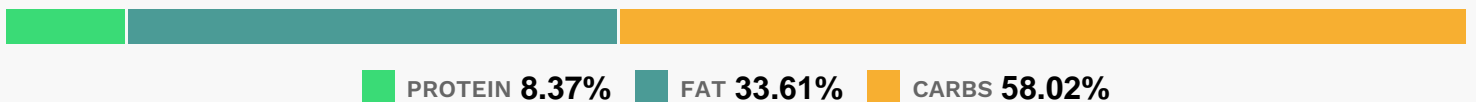
### Equipment

- food processor
- bowl
- frying pan
- sauce pan
- wooden spoon
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Butter bottom and sides of 8-inch square pan, or spray with cooking spray.
- Place cereal in resealable food-storage plastic bag; seal bag and slightly crush with rolling pin or meat mallet (or slightly crush in food processor).
- In large bowl, mix cereal and sunflower nuts; set aside.
- In 3-quart saucepan, heat corn syrup, brown sugar, apples and cinnamon just to boiling over medium-high heat, stirring occasionally.
- Remove from heat; stir in peanut butter.
- Pour over cereal mixture; stir gently until evenly coated.
- Press mixture evenly into pan with back of wooden spoon. Refrigerate about 1 hour or until set. For bars, cut into 4 rows by 4 rows. Store covered at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:10.14, Glycemic Load:5.46, Inflammation Score:-4, Nutrition Score:7.1421739808891%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,  
Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg  
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin:  
0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## **Nutrients (% of daily need)**

Calories: 132.4kcal (6.62%), Fat: 5.39g (8.29%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 20.94g (6.98%), Net  
Carbohydrates: 18.78g (6.83%), Sugar: 14.63g (16.25%), Cholesterol: 0mg (0%), Sodium: 82.93mg (3.61%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Manganese: 0.44mg (22.12%), Folate: 61.98µg (15.5%),  
Iron: 2.39mg (13.27%), Vitamin B3: 2.51mg (12.56%), Vitamin E: 1.54mg (10.29%), Vitamin B1: 0.15mg (9.82%), Vitamin  
B6: 0.2mg (9.81%), Magnesium: 38.45mg (9.61%), Fiber: 2.16g (8.64%), Selenium: 5.5µg (7.85%), Vitamin B2: 0.13mg  
(7.64%), Phosphorus: 75.86mg (7.59%), Vitamin B12: 0.38µg (6.25%), Copper: 0.11mg (5.65%), Zinc: 0.74mg (4.91%),  
Vitamin A: 192.95IU (3.86%), Potassium: 112.26mg (3.21%), Vitamin B5: 0.18mg (1.84%), Vitamin D: 0.25µg (1.65%),  
Calcium: 14.22mg (1.42%)