



Oatmeal Apricot Almond Bites



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



71 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 cup flour all-purpose

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup honey
- ☐ 0.5 cup rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup flour whole wheat

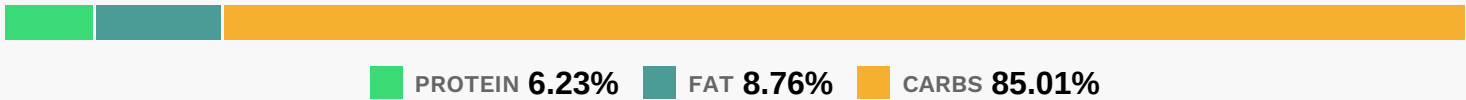
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- ☐ In a large bowl, blend the applesauce, brown sugar, and honey. In a separate bowl, sift together the whole wheat flour, all-purpose flour, baking soda, baking powder, salt, cinnamon, and nutmeg. Blend the flour mixture into the applesauce mixture. Fold in the oats, vanilla extract, almond extract, apricots, almonds, and cranberries. Drop the batter by rounded teaspoonfuls onto the prepared baking sheet.
- ☐ Bake 12 to 15 minutes in the preheated oven, until golden brown. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:15.74, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:2.2434782502444%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 70.69kcal (3.53%), Fat: 0.72g (1.11%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 14.71g (5.35%), Sugar: 10.03g (11.15%), Cholesterol: 0mg (0%), Sodium: 57.64mg (2.51%), Alcohol: 0.11g (100%), Alcohol %: 0.52% (100%), Protein: 1.15g (2.31%), Manganese: 0.23mg (11.44%), Selenium: 3.12µg (4.46%), Fiber: 1.01g (4.05%), Vitamin B1: 0.05mg (3.03%), Vitamin E: 0.43mg (2.86%), Phosphorus: 27.91mg (2.79%), Magnesium: 10.56mg (2.64%), Iron: 0.47mg (2.6%), Copper: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.19%), Vitamin B3: 0.43mg (2.13%), Potassium: 69.96mg (2%), Vitamin A: 100.2IU (2%), Folate: 7.47µg (1.87%), Calcium: 14.83mg (1.48%), Zinc: 0.2mg (1.34%), Vitamin B6: 0.02mg (1.17%)