



Oatmeal Energy Bars

 Gluten Free

READY IN



45 min.

SERVINGS



28

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup cranberries dried
- ☐ 2 large egg whites lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 cups regular oats
- ☐ 0.5 cup chunky peanut butter

- ☐ 1 cup raisins
- ☐ 0.3 cup stick margarine chilled cut into small pieces
- ☐ 0.5 cup condensed milk fat-free sweetened

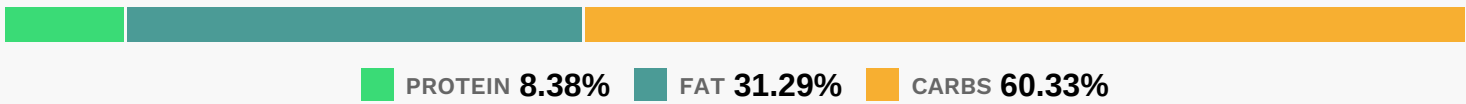
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 350
- ☐ Cut butter into brown sugar with a pastry blender until crumbly. Stir in oats and next 5 ingredients.
- ☐ Combine egg whites, peanut butter, and condensed milk in a small bowl; stir with a whisk until smooth.
- ☐ Add egg mixture to oats, and stir well.
- ☐ Press mixture into a jelly-roll pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes; cool completely.
- ☐ Cut into 28 bars.
- ☐ NOTE: Bars can be stored in pan or on a plate, covered.

Nutrition Facts



Properties

Glycemic Index:10.08, Glycemic Load:6.54, Inflammation Score:-2, Nutrition Score:4.1321739246664%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 142.15kcal (7.11%), Fat: 5.17g (7.96%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 20.65g (7.51%), Sugar: 11.46g (12.73%), Cholesterol: 1.86mg (0.62%), Sodium: 54.33mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Manganese: 0.42mg (21.24%), Phosphorus: 71.9mg (7.19%), Fiber: 1.78g (7.11%), Magnesium: 24.45mg (6.11%), Selenium: 4.14µg (5.91%), Potassium: 160.48mg (4.59%), Vitamin E: 0.68mg (4.52%), Vitamin B3: 0.86mg (4.31%), Copper: 0.08mg (4.13%), Vitamin B2: 0.07mg (3.99%), Iron: 0.71mg (3.94%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 174.04IU (3.48%), Zinc: 0.51mg (3.39%), Calcium: 31.11mg (3.11%), Vitamin B6: 0.05mg (2.42%), Vitamin B5: 0.22mg (2.2%), Folate: 7.92µg (1.98%)