



Oatmeal Peanut Butter Bars

 Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



312 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.8 cup baking mix (recommended: Bisquick)
- 0.5 cup chocolate chips
- 0.5 cup cinnamon applesauce
- 0.5 cup creamy peanut butter
- 1 eggs
- 0.3 cup honey
- 2 cups oats quick (recommended: Quaker)
- 0.5 cup raisins

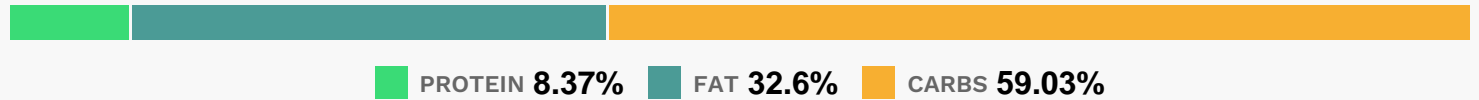
Equipment

- oven
- mixing bowl
- baking pan
- oven mitt

Directions

- Preheat oven to 350 degrees F. Lightly spray an 11 by 7-inch or 9 by 9-inch baking pan with cooking spray; set aside.
- In a mixing bowl, stir together baking mix and oats until well blended.
- Add remaining ingredients and stir until well combined.
- Press dough into prepared baking pan. Use oven mitts to place pan in oven.
- Bake for 20 to 25 minutes.
- Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:14.59, Inflammation Score:-4, Nutrition Score:13.61130439976%

Nutrients (% of daily need)

Calories: 312.02kcal (15.6%), Fat: 12.27g (18.87%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 40.85g (14.86%), Sugar: 17.33g (19.25%), Cholesterol: 16.55mg (5.52%), Sodium: 180.58mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.17%), Manganese: 3.01mg (150.64%), Fiber: 9.13g (36.52%), Magnesium: 77.86mg (19.47%), Phosphorus: 192.82mg (19.28%), Calcium: 160.18mg (16.02%), Iron: 2.52mg (14.01%), Vitamin B3: 2.51mg (12.56%), Selenium: 8.57µg (12.24%), Vitamin B1: 0.17mg (11.31%), Vitamin E: 1.62mg (10.81%), Copper: 0.2mg (9.86%), Potassium: 293.94mg (8.4%), Zinc: 1.21mg (8.08%), Folate: 30.75µg (7.69%), Vitamin B2: 0.13mg (7.4%), Vitamin B6: 0.12mg (6.14%), Vitamin K: 4.85µg (4.62%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.07µg (1.24%), Vitamin A: 59.02IU (1.18%), Vitamin C: 0.92mg (1.12%)