



Oatmeal Peanut Butter Energy Bars

 Vegetarian  Dairy Free



READY IN

ready

75 min.

SERVINGS

servings

14

CALORIES

calories

328 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups brown rice cereal crisp
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup natural creamy peanut butter
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup figs dried chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 cup brown sugar light
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup roasted peanuts chopped
- ☐ 2 cups rolled oats
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup wheat germ toasted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Spray a 9 by 13-inch baking dish with cooking spray and set aside.
- ☐ In a small saucepan over medium heat, combine honey, peanut butter, maple syrup, canola oil, brown sugar, cinnamon. Stir and cook until mixture just begins to bubble, about 3 to 5 minutes.
- ☐ Remove from heat and stir in vanilla extract.
- ☐ In a large bowl, combine oats, rice cereal, wheat germ, peanuts, apricots, figs and salt.
- ☐ Pour peanut butter mixture over oatmeal mixture and stir gently with a spatula until well combined.
- ☐ Transfer to baking dish, cover with parchment paper and press firmly into dish. Allow to cool completely (will cool faster in the refrigerator).
- ☐ Cut into squares or bars.

Nutrition Facts



 PROTEIN **9.33%**  FAT **26.47%**  CARBS **64.2%**

Properties

Glycemic Index:19.35, Glycemic Load:22.15, Inflammation Score:-5, Nutrition Score:12.919565411366%

Nutrients (% of daily need)

Calories: 328.39kcal (16.42%), Fat: 10.02g (15.42%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 54.67g (18.22%), Net Carbohydrates: 50.5g (18.36%), Sugar: 21.61g (24.01%), Cholesterol: 0mg (0%), Sodium: 150.05mg (6.52%), Alcohol: 0.1g (100%), Alcohol %: 0.15% (100%), Protein: 7.95g (15.9%), Manganese: 2.09mg (104.53%), Magnesium: 90.4mg (22.6%), Phosphorus: 195.4mg (19.54%), Vitamin B3: 3.62mg (18.1%), Fiber: 4.17g (16.7%), Vitamin B1: 0.24mg (16.03%), Copper: 0.25mg (12.39%), Vitamin B6: 0.25mg (12.38%), Zinc: 1.66mg (11.09%), Potassium: 334.01mg (9.54%), Iron: 1.71mg (9.47%), Selenium: 6.02µg (8.6%), Vitamin E: 1.28mg (8.56%), Vitamin B5: 0.81mg (8.12%), Folate: 30.63µg (7.66%), Vitamin B2: 0.11mg (6.52%), Calcium: 44.23mg (4.42%), Vitamin A: 167.97IU (3.36%), Vitamin K: 1.96µg (1.86%)