



## Peach Oatmeal Bars

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**9**

CALORIES



**117 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.3 teaspoon almond extract
- 2 tablespoons almonds chopped
- 1 teaspoon double-acting baking powder
- 1 teaspoon cinnamon
- 0.3 cup dates chopped
- 1 tablespoon ground flaxseed
- 0.8 cup non-dairy milk (plus 2 tablespoons) (I used vanilla soymilk)
- 1.3 cups peaches diced peeled

- 2 cups rolled oats
- 0.1 teaspoon stevia powder pure
- 1 teaspoon vanilla

## Equipment

- bowl
- frying pan
- baking paper
- oven
- broiler

## Directions

- Combine dry ingredients (oats through stevia) in a large bowl. In a medium bowl, combine remaining ingredients. Stir the wet ingredients into the dry, making sure that they are thoroughly combined.
- Spread into prepared pan.
- Bake for about 25 minutes. If you'd like a crunchier top, put the pan under the broiler for a minute or two, watching carefully to make sure they don't burn.
- Remove from oven and allow to cool for at least 15 minutes.
- Remove from pan by lifting up parchment paper.
- Cut into 9 squares and enjoy.

## Nutrition Facts



**PROTEIN 12.9%** **FAT 23.07%** **CARBS 64.03%**

## Properties

Glycemic Index:33.85, Glycemic Load:6.65, Inflammation Score:-3, Nutrition Score:7.1965218315954%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg

Epigallocatechin: 0.28mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg  
Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg,  
Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol:  
0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg,  
Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,  
Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin:  
0.19mg

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

Calories: 117.04kcal (5.85%), Fat: 3.08g (4.74%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 19.23g (6.41%), Net  
Carbohydrates: 16.08g (5.85%), Sugar: 5.24g (5.83%), Cholesterol: 0mg (0%), Sodium: 61.22mg (2.66%), Alcohol:  
0.19g (100%), Alcohol %: 0.36% (100%), Protein: 3.87g (7.75%), Manganese: 0.79mg (39.4%), Fiber: 3.15g (12.62%),  
Phosphorus: 106.71mg (10.67%), Magnesium: 37.7mg (9.43%), Selenium: 6.53µg (9.33%), Vitamin E: 1.31mg (8.71%),  
Vitamin B1: 0.12mg (7.98%), Copper: 0.15mg (7.67%), Calcium: 75.72mg (7.57%), Iron: 1.17mg (6.51%), Vitamin B2:  
0.1mg (6.09%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.87mg (5.81%), Potassium: 170.32mg (4.87%), Vitamin B6:  
0.08mg (4.16%), Folate: 15.79µg (3.95%), Vitamin B12: 0.21µg (3.54%), Vitamin A: 148.1IU (2.96%), Vitamin C: 2.32mg  
(2.82%), Vitamin B5: 0.28mg (2.78%), Vitamin D: 0.24µg (1.57%), Vitamin K: 1.22µg (1.16%)