



Peanut Butter and Apple Oatmeal Breakfast Bars

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups rolled oats
- 0.3 cup creamy peanut butter
- 1 tbsp butter
- 2 tbsp vegetable oil
- 1 cup flour whole wheat
- 2 tbsp honey
- 0.3 cup brown sugar

- 0.3 cup brown sugar
- 1 tbsp vanilla extract
- 1 tbsp cinnamon
- 1 apples diced peeled

Equipment

- bowl
- frying pan
- oven
- blender
- baking pan
- aluminum foil
- microwave

Directions

- Preheat oven to 350 degrees F.
- Grease an 11x7 inch baking pan. If you don't have one, you can use an 8x8, 9x9, or if necessary an 11x1
- Place peanut butter and butter in a microwave safe dish.
- Heat in the microwave for 30-45 seconds or until butter is melted. Stir together.
- Place all ingredients, except fruit, into a bowl. Using an electric beater or Kitchen
- Aid mixer, beat ingredients together for approximately 1 minutes.
- Peel a whole apple and thinly chop into pinky nail size pieces.
- Stir the apples into the oatmeal mixture.
- Pour the mixture into greased pan and press entire mixture down firmly with your fingers.
- Place pan into the oven and cook for 25 minutes or until edges are golden brown. If you are using an 11x13 pan, it will take a bit less time because the mixture will be much thinner.
- Let cool for 10 minutes before slicing into strips.
- Let the remaining bars cool entirely before you place in tupperware or wrap them in foil.

Nutrition Facts

PROTEIN 7.93% FAT 28.86% CARBS 63.21%

Properties

Glycemic Index:24.16, Glycemic Load:7.97, Inflammation Score:-4, Nutrition Score:11.430434782609%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Taste

Sweetness: 100%, Saltiness: 0.42%, Sourness: 15.32%, Bitterness: 4.51%, Savoriness: 1.27%, Fattiness: 35.1%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 323.29kcal (16.16%), Fat: 10.71g (16.47%), Saturated Fat: 2.54g (15.9%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 47.65g (17.33%), Sugar: 25.8g (28.66%), Cholesterol: 3.82mg (1.27%), Sodium: 53.33mg (2.32%), Alcohol: 0.56g (3.11%), Protein: 6.62g (13.25%), Manganese: 1.66mg (83.1%), Selenium: 15.77µg (22.53%), Fiber: 5.11g (20.45%), Phosphorus: 168.58mg (16.86%), Magnesium: 65.86mg (16.46%), Vitamin B1: 0.18mg (12.27%), Vitamin B3: 2.11mg (10.55%), Iron: 1.8mg (10.03%), Copper: 0.2mg (9.79%), Zinc: 1.38mg (9.2%), Vitamin E: 1.31mg (8.73%), Vitamin K: 7.9µg (7.52%), Vitamin B6: 0.14mg (6.86%), Potassium: 231.79mg (6.62%), Folate: 21.1µg (5.28%), Vitamin B2: 0.08mg (4.83%), Calcium: 46.86mg (4.69%), Vitamin B5: 0.45mg (4.51%), Vitamin C: 1.11mg (1.35%), Vitamin A: 60.87IU (1.22%)