



WHATSheATE



Peanut Butter and Honey Granola Bars



Vegetarian



Gluten Free



Popular

READY IN



55 min.

SERVINGS



12

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 egg white
- ☐ 0.5 cup honey
- ☐ 0.5 cup creamy peanut butter (can use chunky if you want, will result in a more crumbly bar)
- ☐ 0.3 teaspoon cinnamon
- ☐ 3 cups old fashioned oatmeal oats instant (do not use or steel cut)
- ☐ 0.5 cup butter melted (1 stick)
- ☐ 0.5 cup golden raisins

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Line a 9x13 baking pan with parchment paper, so that the parchment paper extends over the edges of the pan. Set rack in the oven to the middle position. Preheat oven to 350°F.
- ☐ Take 1/2 cup of the oatmeal oats and pulse them in a food processor until finely ground.
- ☐ Place these ground oats with the remaining oatmeal, and the cinnamon in a bowl and stir until combined. (You can skip this step if you don't have a food processor. Just proceed with the recipe with the full amount of oats.)
- ☐ Either with a stand mixer or by hand with a whisk, beat the egg white until frothy. Beat in the honey. Beat in the peanut butter.
- ☐ Add the oat cinnamon mixture.
- ☐ Pour the melted butter over everything and stir until well combined. Stir in the raisins.
- ☐ Spread the mixture over the bottom of the parchment paper-lined baking dish in an even layer.
- ☐ Place in oven and bake for 25 minutes, until nicely browned on top.
- ☐ Remove from oven and let cool for 5 minutes. Use a sharp knife to cut into 12-16 bars. Return to the oven, lower the heat to 300°F and bake for 15 more minutes.
- ☐ Remove from the oven to cool.
- ☐ Let cool completely before eating. Cooling is important for the bars to set, otherwise, they may be a bit too crumbly.

Nutrition Facts



 PROTEIN **8.02%**  FAT **46.02%**  CARBS **45.96%**

Properties

Glycemic Index:18.16, Glycemic Load:13.59, Inflammation Score:-4, Nutrition Score:7.4430435377619%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 271.41kcal (13.57%), Fat: 14.52g (22.34%), Saturated Fat: 6.18g (38.64%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 29.77g (10.82%), Sugar: 16.53g (18.36%), Cholesterol: 20.34mg (6.78%), Sodium: 113.6mg (4.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.39%), Manganese: 0.93mg (46.54%), Phosphorus: 129.74mg (12.97%), Magnesium: 49.03mg (12.26%), Fiber: 2.86g (11.42%), Selenium: 7.05µg (10.07%), Vitamin B3: 1.75mg (8.75%), Vitamin E: 1.29mg (8.61%), Copper: 0.15mg (7.61%), Vitamin B1: 0.11mg (7.28%), Zinc: 1.07mg (7.14%), Iron: 1.22mg (6.79%), Potassium: 192.95mg (5.51%), Vitamin B2: 0.08mg (4.89%), Vitamin A: 236.49IU (4.73%), Vitamin B6: 0.09mg (4.57%), Folate: 16.58µg (4.15%), Vitamin B5: 0.37mg (3.74%), Calcium: 22.72mg (2.27%), Vitamin K: 1.32µg (1.26%)