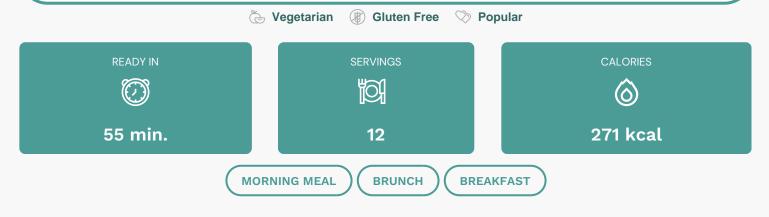


Peanut Butter and Honey Granola Bars



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
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	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 unti 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

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

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 %: O% (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%)