



Peanut Butter Cranberry Go-Bars

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



215 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup cranberries dried
- ☐ 1 large eggs
- ☐ 0.5 cup mission figs dried finely chopped
- ☐ 3 tablespoons flax seeds
- ☐ 0.5 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest shredded finely

- ☐ 0.3 cup milk low-fat
- ☐ 0.3 cup oat bran
- ☐ 0.8 cup natural chunky peanut butter
- ☐ 0.5 cup roasted peanuts salted chopped
- ☐ 1 cup regular rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 1 cup flour whole-wheat

Equipment

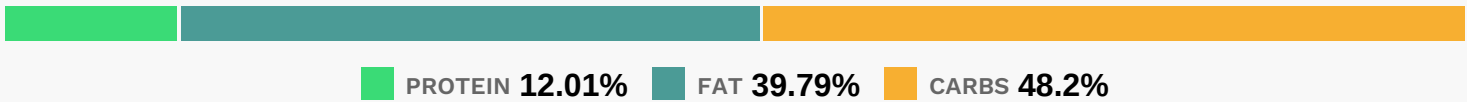
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ dough scraper

Directions

- ☐ Line a 9- by 13-in. pan with plastic wrap, leaving an overhang on the 9-in. sides, and coat with cooking-oil spray. In a large bowl, stir together oats, oat bran, flax seeds, flour, baking powder, salt, peanuts, cranberries, and figs until well blended.
- ☐ In the bowl of a stand mixer, beat together peanut butter, milk, egg, honey, lemon zest, and lemon juice until well blended.
- ☐ Add flour mixture to peanut butter mixture and beat until completely blended. Scrape dough into pan and, with wet fingers or a rubber spatula, pat to fill pan completely and evenly (dough is sticky, so you may need to wash your hands a few times). Chill dough until firm, about 30 minutes.
- ☐ Meanwhile, preheat oven to 30

- ☐
- Invert pan onto a work surface, lift off pan, and peel off plastic. Using a bench scraper or knife, cut straight down lengthwise through middle, then crosswise to make 16 bars, each 1 1/2 in. wide.
- ☐
- Place bars about 1 in. apart on a baking sheet lined with parchment.
- ☐
- Bake bars until lightly browned and somewhat firm to touch, about 20 minutes.
- ☐
- Remove from oven and let cool completely.
- ☐
- Make ahead: Store airtight up to 2 weeks or freeze.

Nutrition Facts



Properties

Glycemic Index:20.74, Glycemic Load:7.19, Inflammation Score:-3, Nutrition Score:8.8021737881329%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 215.45kcal (10.77%), Fat: 10.34g (15.9%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 24.48g (8.9%), Sugar: 14.3g (15.89%), Cholesterol: 11.81mg (3.94%), Sodium: 115.44mg (5.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Manganese: 0.99mg (49.51%), Magnesium: 61.06mg (15.27%), Phosphorus: 150.72mg (15.07%), Fiber: 3.7g (14.8%), Vitamin B3: 2.85mg (14.24%), Selenium: 9.71µg (13.87%), Vitamin B1: 0.16mg (10.82%), Copper: 0.18mg (8.95%), Vitamin E: 1.33mg (8.86%), Zinc: 1.03mg (6.86%), Vitamin B6: 0.13mg (6.73%), Iron: 1.2mg (6.68%), Folate: 26.56µg (6.64%), Potassium: 214.15mg (6.12%), Vitamin B2: 0.08mg (4.97%), Vitamin B5: 0.45mg (4.51%), Calcium: 39.81mg (3.98%), Vitamin C: 1.07mg (1.29%), Vitamin K: 1.09µg (1.04%)