



Peanut Butter Snack Bars

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



209 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons agave nectar
- 0.8 cup almonds chopped smoke-flavored
- 0.3 cup brown sugar
- 1 tablespoon canola oil
- 1 cup cornflake crumbs
- 0.5 cup creamy peanut butter
- 1 cup rice cereal crispy
- 0.8 cup chocolate dark chopped

- 0.3 cup flax seeds
- 0.3 teaspoon ground cinnamon
- 0.5 cup honey
- 0.5 teaspoon kosher salt
- 2 cups rolled oats
- 1 teaspoon vanilla extract
- 0.3 cup wheat germ

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- baking pan

Directions

- Line a 9x13-inch baking dish with parchment paper and spray with cooking spray.
- Spread chocolate evenly over prepared baking dish.
- Toast oats, wheat germ, and flax seed in a non-stick skillet over medium heat, stirring frequently until oats are lightly golden and fragrant, about 5 minutes.
- Transfer oat mixture to a large bowl and stir in crispy rice cereal, cornflake crumbs, almonds, and salt.
- Heat honey, peanut butter, brown sugar, agave nectar, canola oil, and cinnamon in a saucepan over medium heat. Cook and stir until mixture begins to bubble, 3 to 5 minutes.
- Remove from heat and stir in vanilla extract.
- Pour peanut butter mixture over cereal mixture; gently stir until well mixed.
- Spread peanut butter-cereal mixture into the baking dish.
- Place another sheet of parchment over the mixture and firmly press into the dish until even. Allow to completely cool before removing from baking dish and slicing.

Nutrition Facts

PROTEIN 8.98% FAT 38.17% CARBS 52.85%

Properties

Glycemic Index:7.97, Glycemic Load:5.41, Inflammation Score:-5, Nutrition Score:10.372173915739%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 209.39kcal (10.47%), Fat: 9.24g (14.22%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 25.69g (9.34%), Sugar: 12.33g (13.7%), Cholesterol: 0.16mg (0.05%), Sodium: 146.63mg (6.38%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Caffeine: 4.38mg (1.46%), Protein: 4.89g (9.79%), Manganese: 0.76mg (38.17%), Iron: 4.29mg (23.85%), Vitamin B1: 0.24mg (15.9%), Vitamin B3: 2.96mg (14.81%), Magnesium: 57.14mg (14.29%), Vitamin B2: 0.24mg (14.26%), Folate: 50.72µg (12.68%), Copper: 0.25mg (12.39%), Fiber: 3.1g (12.38%), Vitamin B6: 0.25mg (12.3%), Vitamin E: 1.83mg (12.21%), Phosphorus: 116.97mg (11.7%), Vitamin B12: 0.51µg (8.47%), Selenium: 5.14µg (7.34%), Zinc: 1.05mg (7%), Potassium: 176.15mg (5.03%), Vitamin A: 178.3IU (3.57%), Calcium: 30.25mg (3.03%), Vitamin C: 2.41mg (2.93%), Vitamin B5: 0.25mg (2.51%), Vitamin D: 0.35µg (2.37%), Vitamin K: 1.44µg (1.37%)