



Peanut Butter Trail Bars

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



429 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup jif® omega-3 creamy peanut butter
- ☐ 0.5 cup cranberries dried
- ☐ 4 cups cereal with raisins
- ☐ 0.3 cup honey
- ☐ 2 tablespoons milled flax seed
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup water
- ☐ 1 cup vanilla whey protein powdered drink mix

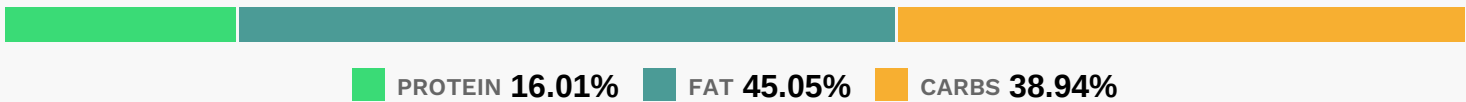
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Line 8 x 8-inch pan with foil, extending foil up sides of pan.
- ☐ Place peanut butter and honey in microwave-safe bowl. Microwave on HIGH 1 minute. Stir. Microwave 30 seconds more until smooth and creamy.
- ☐ Whisk water and powdered drink mix until blended. Stir in peanut butter mixture. Stir in granola, flax seed, walnuts and cranberries until evenly moistened.
- ☐ Spread evenly in prepared pan. Chill 1 hour.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:3.85, Inflammation Score:-4, Nutrition Score:13.302608838548%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 429.41kcal (21.47%), Fat: 22.64g (34.83%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 39.96g (14.53%), Sugar: 20.77g (23.08%), Cholesterol: 15mg (5%), Sodium: 120.63mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Manganese: 1.62mg (80.97%), Vitamin E: 3.67mg (24.45%), Phosphorus: 243.29mg (24.33%), Magnesium: 90.56mg (22.64%), Vitamin B3: 3.37mg

(16.86%), Iron: 3mg (16.66%), Fiber: 4.07g (16.29%), Copper: 0.31mg (15.36%), Vitamin B1: 0.19mg (12.81%), Selenium: 8.54µg (12.2%), Zinc: 1.58mg (10.55%), Potassium: 343.18mg (9.81%), Folate: 38.25µg (9.56%), Vitamin B6: 0.18mg (8.98%), Calcium: 83.84mg (8.38%), Vitamin B2: 0.13mg (7.5%), Vitamin B5: 0.51mg (5.15%), Vitamin K: 2.42µg (2.3%)