



Playgroup Granola Bars

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup brown sugar packed
- 1 eggs beaten
- 1 cup flour all-purpose
- 0.8 teaspoon ground cinnamon
- 0.5 cup honey
- 2 cups rolled oats
- 0.8 teaspoon salt
- 2 teaspoons vanilla extract

- 0.5 cup vegetable oil
- 0.5 cup wheat germ

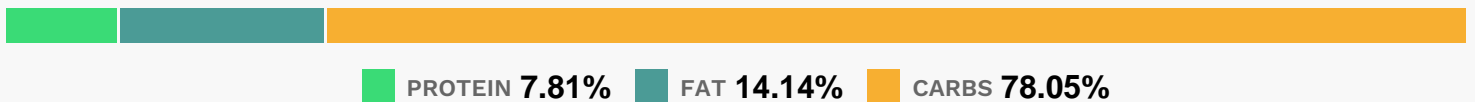
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Generously grease a 9x13 inch baking pan.
- In a large bowl, mix together the oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt. Make a well in the center, and pour in the honey, egg, oil and vanilla.
- Mix well using your hands. Pat the mixture evenly into the prepared pan.
- Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges. Cool for 5 minutes, then cut into bars while still warm. Do not allow the bars to cool completely before cutting, or they will be too hard to cut.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:7.47, Inflammation Score:-1, Nutrition Score:4.1978260934677%

Nutrients (% of daily need)

Calories: 112.55kcal (5.63%), Fat: 1.81g (2.78%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 21.27g (7.74%), Sugar: 12.6g (14%), Cholesterol: 6.82mg (2.27%), Sodium: 78.32mg (3.41%), Alcohol: 0.11g (100%), Alcohol %: 0.41% (100%), Protein: 2.25g (4.5%), Manganese: 0.62mg (31.09%), Selenium: 6.32µg (9.03%), Vitamin B1: 0.12mg (7.86%), Phosphorus: 57.75mg (5.77%), Folate: 19.5µg (4.88%), Fiber: 1.19g (4.75%), Iron: 0.8mg (4.42%), Magnesium: 17.26mg (4.31%), Zinc: 0.62mg (4.13%), Vitamin B2: 0.06mg (3.5%), Copper: 0.06mg (3.03%), Vitamin B3: 0.57mg (2.83%), Vitamin B6: 0.05mg (2.4%), Vitamin B5: 0.19mg (1.95%), Potassium: 67.53mg (1.93%), Vitamin K: 1.85µg (1.76%), Calcium: 13.09mg (1.31%)