



## Red Currant Almond Granola Bars

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



252 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup almond flour
- 1 cup almonds thinly sliced
- 0.5 cup canola oil
- 1 eggs
- 0.3 cup honey
- 2 cups rolled oats whole
- 1.5 cup currants red
- 0.5 teaspoon salt

1 tablespoon vanilla extract

## Equipment

frying pan

baking paper

oven

whisk

mixing bowl

spatula

cutting board

## Directions

Adjust oven rack to middle position and preheat oven to 325°F. Grease bottom and sides of rectangular pan and line with parchment paper, allowing paper to hang over the sides. Grease parchment.

Combine oats, almonds, almond flour and salt in medium mixing bowl and stir to evenly distribute. In a separate bowl, whisk together oil, honey, vanilla and egg.

Pour into dry mixture and stir to evenly coat and combine.

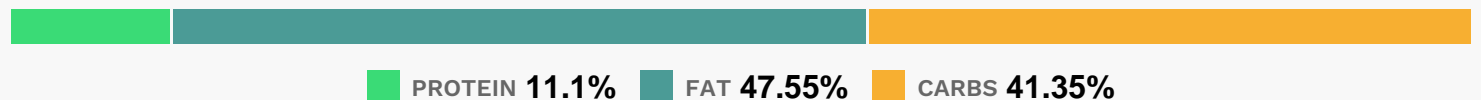
Add currants and stir to evenly distribute.

Scrape into prepared pan, spread evenly and press with spatula to pack down.

Bake for 30 minutes, then rotate pan and lower heat to 300°F.

Bake for another 10–15 minutes. Allow to cool to room temperature in pan, then chill for at least ten minutes. Use parchment to lift out of pan onto a cutting board and trim edges, then cut into bars. Wrap each bar individually and keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:10.23, Glycemic Load:8.68, Inflammation Score:-3, Nutrition Score:8.4560869180638%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 251.61kcal (12.58%), Fat: 13.88g (21.36%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 22.45g (8.16%), Sugar: 11.65g (12.94%), Cholesterol: 16.37mg (5.46%), Sodium: 124.32mg (5.41%), Alcohol: 0.45g (100%), Alcohol %: 0.69% (100%), Protein: 7.29g (14.58%), Manganese: 0.84mg (42.18%), Vitamin E: 2.88mg (19.19%), Fiber: 4.72g (18.88%), Phosphorus: 127.37mg (12.74%), Magnesium: 50.32mg (12.58%), Iron: 1.75mg (9.72%), Vitamin B2: 0.16mg (9.65%), Selenium: 6.61µg (9.44%), Copper: 0.18mg (9.22%), Vitamin C: 6.94mg (8.42%), Vitamin B1: 0.1mg (6.81%), Zinc: 1mg (6.66%), Calcium: 65.6mg (6.56%), Potassium: 186.23mg (5.32%), Vitamin K: 3.78µg (3.6%), Folate: 12.88µg (3.22%), Vitamin B5: 0.31mg (3.11%), Vitamin B3: 0.55mg (2.77%), Vitamin B6: 0.05mg (2.56%)