



So-Cal University Girl's Granola Bars



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup almond flour
- ☐ 0.8 cup apple sauce
- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup rice cereal crispy
- ☐ 0.8 cup fruit mixed dried chopped
- ☐ 1 eggs
- ☐ 0.3 cup flax seeds
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 cup honey
- ☐ 0.5 cup pecans chopped
- ☐ 1.5 cups quick-cooking oats
- ☐ 2 teaspoons vanilla extract

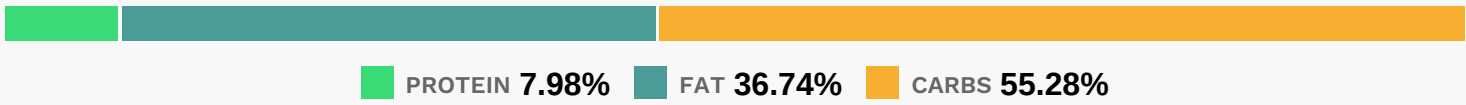
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking pan with cooking spray.
- ☐ Mix oats, almond flour, dried fruit, rice cereal, brown sugar, pecans, chocolate chips, flax seeds, instant coffee granules, and cinnamon in a large bowl.
- ☐ Whisk applesauce, honey, egg, and vanilla extract in a small bowl; pour into oat mixture. Stir until evenly incorporated. Press batter into prepared baking dish.
- ☐ Bake in the preheated oven until edges are golden brown, 25 to 30 minutes. Cool completely before cutting into granola bars.

Nutrition Facts



Properties

Glycemic Index:9.76, Glycemic Load:6.24, Inflammation Score:-2, Nutrition Score:3.7617391820835%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate:

0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 144.82kcal (7.24%), Fat: 6.28g (9.66%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 18.92g (6.88%), Sugar: 14.35g (15.95%), Cholesterol: 8.18mg (2.73%), Sodium: 6.22mg (0.27%), Alcohol: 0.14g (100%), Alcohol %: 0.39% (100%), Protein: 3.07g (6.13%), Manganese: 0.48mg (23.77%), Fiber: 2.32g (9.3%), Magnesium: 30.42mg (7.6%), Vitamin B1: 0.09mg (6.13%), Phosphorus: 55.9mg (5.59%), Selenium: 3.6µg (5.15%), Iron: 0.87mg (4.83%), Copper: 0.1mg (4.83%), Calcium: 32.07mg (3.21%), Zinc: 0.48mg (3.19%), Potassium: 83.31mg (2.38%), Vitamin B2: 0.03mg (1.95%), Vitamin B6: 0.03mg (1.7%), Folate: 6.77µg (1.69%), Vitamin B5: 0.14mg (1.45%)