

Sunshine bars

 Vegetarian

READY IN



145 min.

SERVINGS



18

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g berries mixed dried
- ☐ 100 g oats
- ☐ 50 g rice cereal such as rice krispies
- ☐ 85 g coconut flakes
- ☐ 50 g hazelnuts shelled
- ☐ 50 g pumpkin seeds
- ☐ 100 g g muscovado sugar light
- ☐ 125 ml golden syrup

☐ 100 g butter chopped

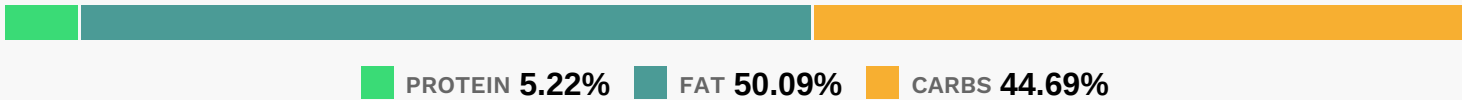
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ Chop the tropical medley into pieces using kitchen scissors. Tip the oats, cereal, coconut and fruit into a large bowl and mix well, using a wooden spoon or clean hands.
- ☐ Put the hazelnuts and sunflower, sesame or pumpkin seeds in a frying pan with no oil and, over a moderate heat, stir until they are lightly toasted. Leave to cool a little then tip into the bowl and mix.
- ☐ Put the sugar, syrup and butter in a small pan and heat gently, stirring with a wooden spoon until melted, then simmer for 2 minutes until slightly thicker and syrupy.
- ☐ Quickly stir the syrup into the dry mix, stirring until it all starts to bind and there are no dry patches.
- ☐ Quickly tip into a 20cm square tin and press down with the back of a spoon to even out the surface. Leave to cool and set about 2 hours.
- ☐ Cut the mixture into 6 one way and 3 the other to make 18 bars. Store in a tin, or wrapped tightly in foil for up to a week.

Nutrition Facts



Properties

Glycemic Index:9.89, Glycemic Load:6.32, Inflammation Score:-3, Nutrition Score:4.6904347888801%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 1.01mg, Petunidin: 1.01mg, Petunidin: 1.01mg, Petunidin: 1.01mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Malvidin: 2.76mg, Malvidin: 2.76mg, Malvidin: 2.76mg, Malvidin: 2.76mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 191.64kcal (9.58%), Fat: 11.03g (16.96%), Saturated Fat: 6g (37.47%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 20.18g (7.34%), Sugar: 14.35g (15.95%), Cholesterol: 11.94mg (3.98%), Sodium: 39.75mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Manganese: 0.64mg (32.04%), Magnesium: 34.61mg (8.65%), Phosphorus: 80.26mg (8.03%), Fiber: 1.96g (7.82%), Copper: 0.16mg (7.77%), Iron: 0.9mg (4.99%), Selenium: 3.23µg (4.61%), Vitamin B1: 0.07mg (4.54%), Vitamin E: 0.68mg (4.53%), Zinc: 0.62mg (4.16%), Folate: 11.84µg (2.96%), Potassium: 102.06mg (2.92%), Vitamin A: 142.39IU (2.85%), Vitamin B6: 0.05mg (2.25%), Vitamin B3: 0.41mg (2.07%), Vitamin K: 2.03µg (1.93%), Vitamin B2: 0.03mg (1.88%), Vitamin B5: 0.17mg (1.67%), Calcium: 15.2mg (1.52%)