



Vegan Breakfast Bars



Vegetarian



Popular

READY IN



45 min.

SERVINGS



15

CALORIES



278 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup almond butter
- ☐ 0.8 cup almonds toasted sliced (Not Mentioned In The Recipe But I Added It)
- ☐ 0.8 cup karo syrup (I Used Honey)
- ☐ 0.8 cup cranberries dried
- ☐ 0.8 cup raisins dried (I Used Raisins)
- ☐ 1 Teaspoon ground cinnamon (I Omitted It)
- ☐ 7 cups grain puffed cereal whole (I Used The Store Brand Puffed Wheat Cereal)
- ☐ 2 Tablespoons soy margarine/unsalted butter (I Used Earth Balance Vegan Butter)

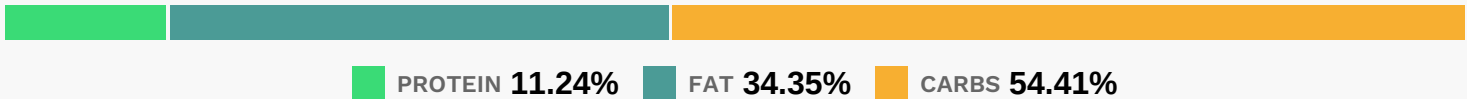
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Stir together cereal, dried fruit, nuts and cinnamon (if using) in large bowl.Put syrup, almond butter and soy margarine (whichever you are using) in large, microwave-safe measuring cup.Microwave 1 and 1/2 minutes on high, or until hot and margarine has melted.Stir well, then pour over cereal mixture.Stir to coat.Dampen hands with cold water.Press cereal mixture firmly into 9×9 inch baking pan (I didn't have this, so I used 13×9 inch nonstick baking pan), re-wetting hands if necessary to keep mixture from sticking Freeze 30 minutes. I covered the pan with plastic wrap before putting it in the freezer.
- ☐ Cut into 15 bars, and store in refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:8.8778261537461%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 277.6kcal (13.88%), Fat: 11.13g (17.12%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 35.45g (12.89%), Sugar: 24.49g (27.21%), Cholesterol: 4.01mg (1.34%), Sodium: 82.75mg (3.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Vitamin E: 4.38mg (29.18%), Vitamin B2: 0.37mg (21.77%), Manganese: 0.41mg (20.55%), Vitamin B1: 0.27mg (18.2%), Fiber: 4.21g (16.83%), Iron: 2.19mg (12.14%), Magnesium: 47.65mg (11.91%), Calcium: 110.78mg (11.08%), Vitamin B6: 0.21mg (10.42%), Vitamin B3: 1.75mg (8.77%), Phosphorus: 86.64mg (8.66%), Copper: 0.17mg (8.43%), Folate: 32.05µg (8.01%), Vitamin C: 4.68mg (5.68%), Potassium: 191.21mg (5.46%), Zinc: 0.56mg (3.77%)