



Vegan Magic Cookie Bars

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



16

CALORIES



154 kcal

DESSERT

Ingredients

- 0.7 cup coconut flakes flaked
- 1 tablespoon cornstarch
- 0.3 cup extra tofu
- 0.3 cup butter
- 0.8 cup bittersweet chocolate
- 0.3 cup vanilla
- 0.3 cup sugar
- 0.5 cup walnut pieces chopped

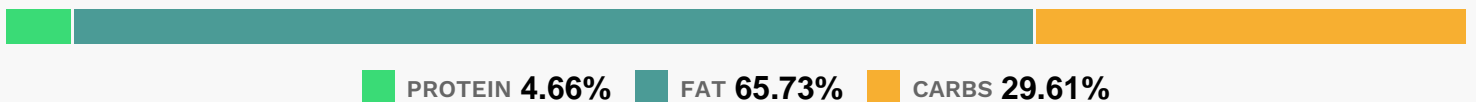
Equipment

- bowl
- oven
- baking pan
- stove
- microwave

Directions

- Put the margarine into a bowl and melt it in the microwave (or do this on the stove and pour into a bowl).
- Add the graham cracker crumbs and mix until well-moistened.
- Pour them into the prepared baking dish and press evenly to cover the bottom of the pan.
- Pour the tofu mixture over the crust.
- Sprinkle with the nuts, coconut, and chocolate chips, and press it all into the dish firmly with a fork.
- Bake for about 30 minutes, until lightly browned. Cool completely before cutting into about 16 bars. Devour!

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:2.96, Inflammation Score:-2, Nutrition Score:3.0486956497897%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 153.55kcal (7.68%), Fat: 10.78g (16.59%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 9.44g (3.43%), Sugar: 8.12g (9.03%), Cholesterol: 0.49mg (0.16%), Sodium: 39.38mg (1.71%), Alcohol: 1.49g (100%), Alcohol %: 5.71% (100%), Caffeine: 7.05mg (2.35%), Protein: 1.72g (3.44%), Manganese: 0.34mg (17.06%), Copper: 0.2mg (10.13%), Magnesium: 25.44mg (6.36%), Fiber: 1.49g (5.95%), Phosphorus:

47.58mg (4.76%), Iron: 0.81mg (4.52%), Zinc: 0.44mg (2.92%), Potassium: 97.83mg (2.8%), Vitamin A: 131.7IU (2.63%), Selenium: 1.56µg (2.23%), Vitamin B6: 0.04mg (1.75%), Vitamin B1: 0.02mg (1.48%), Vitamin E: 0.2mg (1.33%), Calcium: 12.78mg (1.28%), Vitamin B2: 0.02mg (1.24%)