



Vermont Granola Bars

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup almonds coarsely chopped
- ☐ 0.3 cup apricots chopped
- ☐ 0.3 cup brown sugar
- ☐ 4 tablespoons butter
- ☐ 2.5 tablespoons plus
- ☐ 0.3 cup maple syrup
- ☐ 1.3 cups oats
- ☐ 2 tablespoons chips white

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sunflower seeds
- ☐ 0.3 cup coconut or shredded sweetened
- ☐ 1 teaspoon vanilla extract

Equipment

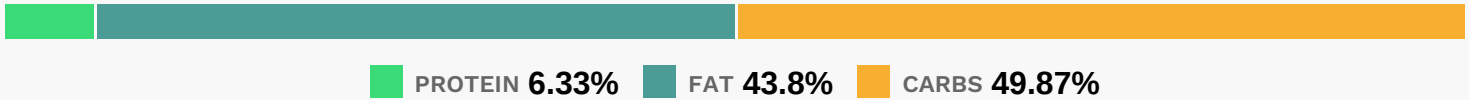
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 450 degrees F. Line an 8×8 inch baking pan with non-stick foil.
- ☐ Lay oats and sunflower seeds on a cookie sheet and toast for 5 minutes.
- ☐ Sprinkle coconut onto cookie sheet with oats and seeds; toast all for another 3–5 minutes or until coconut is aromatic and starts to brown around edges – keep an eye on it!.
- ☐ Place toasted oats/seeds/coconut mixture in a large mixing bowl; Stir in salt, almonds and apricots.
- ☐ Place butter, corn syrup, maple syrup and brown sugar in a saucepan. Turn heat to medium and stir to mix as butter melts.
- ☐ Place a candy thermometer in the saucepan and allow mixture to come to a gentle boil. Boil without stirring until mixture reaches 245 degrees F. on thermometer – a little over “soft ball” stage.
- ☐ Remove from heat. Stir vanilla into hot syrup, then pour syrup into mixing bowl with oat mixture and stir to combine. At this point, you may want to throw in some white chips. They'll

- melt, but just let them do their thing and don't stir the melted chips into the batter.Press tightly into the foil lined pan.
- ☐ Bake for 5 minutes. Without removing from pan, Score into 9 squares or 6 rectangles while still warm. At this point, the bars will be hot, crumbly and soft.
- ☐ Let them cool completely. When they are cool, lift parchment and remove from pan. They should be pretty firm at this point, but if you would like them to be even firmer, place them in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:46.92, Glycemic Load:11.27, Inflammation Score:-5, Nutrition Score:13.1599999945889%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 371.41kcal (18.57%), Fat: 18.66g (28.71%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 43.79g (15.92%), Sugar: 29.87g (33.19%), Cholesterol: 20.07mg (6.69%), Sodium: 202.72mg (8.81%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Protein: 6.07g (12.14%), Manganese: 1.51mg (75.52%), Vitamin E: 5.04mg (33.57%), Vitamin B2: 0.38mg (22.45%), Magnesium: 79.08mg (19.77%), Phosphorus: 173.65mg (17.37%), Fiber: 4.02g (16.06%), Vitamin B1: 0.23mg (15.63%), Copper: 0.31mg (15.56%), Selenium: 10.41µg (14.87%), Zinc: 1.56mg (10.37%), Iron: 1.71mg (9.5%), Potassium: 283.39mg (8.1%), Vitamin A: 402.89IU (8.06%), Vitamin B6: 0.16mg (7.85%), Folate: 28.69µg (7.17%), Calcium: 69.34mg (6.93%), Vitamin B3: 1.32mg (6.61%), Vitamin B5: 0.42mg (4.2%), Vitamin C: 1.3mg (1.58%), Vitamin K: 1.31µg (1.25%)