



Wake-Up Espresso Cereal Bars



Vegetarian



Vegan



Dairy Free

READY IN



140 min.

SERVINGS



12

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup plus
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons coffee instant
- ☐ 2 teaspoons water boiling
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 cups corn flakes/bran flakes
- ☐ 1 cup pretzel sticks

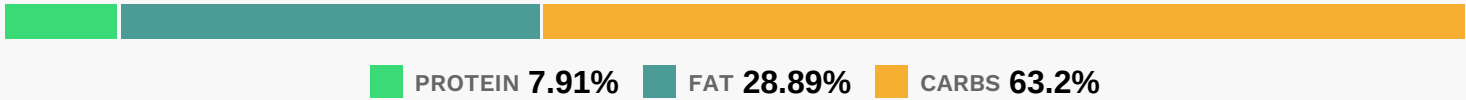
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Butter bottom and sides of 8-inch square pan.
- ☐ In 3-quart saucepan, heat corn syrup and brown sugar to boiling over medium-high heat, stirring constantly.
- ☐ Remove from heat. In small bowl, stir coffee granules into boiling water until dissolved; stir into corn syrup mixture along with peanut butter until smooth.
- ☐ Add cereal and pretzels, stirring until evenly coated.
- ☐ Press evenly in pan.
- ☐ Let stand about 2 hours or until set. For bars, cut into 4 rows by 3 rows. Store covered.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:8.32, Inflammation Score:-4, Nutrition Score:6.6830435106936%

Nutrients (% of daily need)

Calories: 167.98kcal (8.4%), Fat: 5.8g (8.92%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 26.65g (9.69%), Sugar: 19.31g (21.46%), Cholesterol: 0mg (0%), Sodium: 150.61mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.23mg (1.74%), Protein: 3.57g (7.15%), Manganese: 0.45mg (22.29%), Folate: 62.22µg (15.55%), Vitamin B3: 2.84mg (14.21%), Iron: 2.32mg (12.87%), Magnesium: 36.03mg (9.01%), Vitamin B1: 0.13mg (8.65%), Vitamin B6: 0.17mg (8.35%), Vitamin B2: 0.13mg (7.62%), Fiber: 1.89g (7.58%), Phosphorus: 73.1mg (7.31%), Vitamin E: 1.05mg (7.02%), Selenium: 4.34µg (6.2%), Vitamin B12: 0.33µg (5.56%), Zinc: 0.72mg (4.8%), Copper: 0.09mg (4.45%), Potassium: 120.74mg (3.45%), Vitamin A: 166.67IU (3.33%), Vitamin B5: 0.2mg (1.96%), Calcium: 16.64mg (1.66%), Vitamin D: 0.22µg (1.47%)