



Whole Grain Power Bars



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp baking soda
- ☐ 0.5 cup coconut or shredded
- ☐ 0.5 cup cranberries
- ☐ 0.3 cup flaxseed meal
- ☐ 0.3 cup oil
- ☐ 0.5 cup quinoa grain organic
- ☐ 0.5 cup sunflower seeds raw
- ☐ 2 cups cooking rolled oats quick

- ☐ 0.5 tsp sea salt
- ☐ 0.8 cup premier protein
- ☐ 0.5 cup sugar
- ☐ 2 tsp vanilla
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup water
- ☐ 0.5 cup pastry flour whole wheat

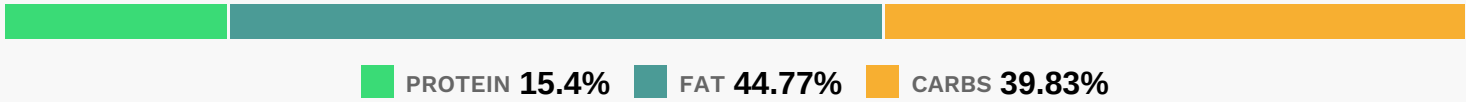
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook dry quinoa according to directions. While this is cooking, combine oats, flax, protein powder, baking soda, sugar, flour, walnuts, seeds, cranberries, coconut and sea salt in a large bowl. Once quinoa is cooked, add to the pan the oil, vanilla and water.
- ☐ Add wet ingredients into dry ingredients and mix together.
- ☐ Spread mixture into greased 9 x 13-inch pan, pressing down with hands to fit into pan. Dough may seem slightly dry, but this is okay.
- ☐ Bake for 20 minutes at 350°F. Allow to cool and cut into pieces.

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:10.567826164481%

Flavonoids

Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg, Cyanidin: 1.65mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg

Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 229.9kcal (11.5%), Fat: 11.99g (18.44%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 24g (8%), Net Carbohydrates: 20.12g (7.32%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 219.16mg (9.53%), Alcohol: 0.19g (100%), Alcohol %: 0.35% (100%), Protein: 9.28g (18.56%), Manganese: 1.16mg (58.18%), Magnesium: 80.35mg (20.09%), Phosphorus: 195.1mg (19.51%), Copper: 0.37mg (18.4%), Vitamin E: 2.55mg (17.02%), Vitamin B1: 0.23mg (15.58%), Fiber: 3.88g (15.51%), Selenium: 10.22µg (14.6%), Iron: 2.27mg (12.59%), Folate: 42.16µg (10.54%), Zinc: 1.34mg (8.92%), Vitamin B6: 0.16mg (7.86%), Potassium: 170.33mg (4.87%), Vitamin B3: 0.97mg (4.84%), Vitamin B2: 0.07mg (4.23%), Calcium: 34.11mg (3.41%), Vitamin K: 3.48µg (3.31%), Vitamin B5: 0.26mg (2.65%)