



WHATSheATE



Wholegrain Cereal Bars



Vegetarian

READY IN



120 min.

SERVINGS



30

CALORIES



398 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups cashew butter
- ☐ 3.5 cups corn flakes/bran flakes
- ☐ 3 cup honey
- ☐ 1.5 cups roasted peanuts
- ☐ 2 ounces chocolate (dark white with cashews)
- ☐ 3 cups granulated sugar (white)

Equipment

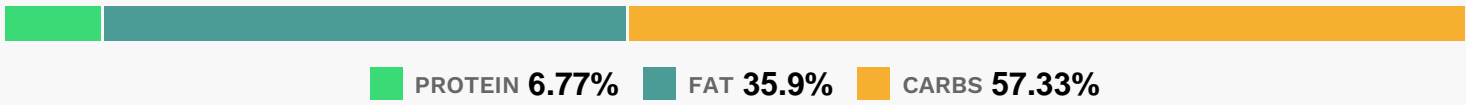
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ muffin liners
- ☐ rolling pin

Directions

- ☐ Make sure cereal is finely crushed with a rolling pin or food processor, particularly if using a very "natural" type of flake cereal.
- ☐ Mix the cereal in a bowl with the nuts.
- ☐ Bring the honey, nut butter, and sugar to a slow boil in a pot.
- ☐ Remove from heat, stir into cereal and nut mixture. Note: If using a particularly 'dry' natural cereal and a natural nut butter, you may need to add an additional tablespoon of 'regular' butter to make everything easier to mix.
- ☐ Spread mixture into parchment-lined pan or divide between cupcake liners. Melt chocolate and either drizzle or lightly spoon onto the cereal mixture. Chill for five minutes. If making bars, score with a knife and return to the refrigerator. Wait at least two hours until hardened, then serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.82, Glycemic Load:31.41, Inflammation Score:-5, Nutrition Score:9.7078259852917%

Nutrients (% of daily need)

Calories: 398.09kcal (19.9%), Fat: 17g (26.15%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 58.97g (21.44%), Sugar: 49.78g (55.31%), Cholesterol: 0.4mg (0.13%), Sodium: 63.91mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Copper: 0.65mg (32.35%), Manganese: 0.58mg (28.76%), Magnesium: 89.9mg (22.48%), Phosphorus: 170.88mg (17.09%), Iron: 2.92mg (16.21%), Folate: 58.54µg (14.64%), Zinc: 1.79mg (11.94%), Vitamin B3: 2.33mg (11.67%), Vitamin B1: 0.16mg (10.99%), Selenium: 6.42µg (9.17%), Vitamin B6: 0.17mg (8.59%), Fiber: 2.09g (8.35%), Vitamin B2: 0.14mg (8.32%), Potassium: 244.73mg (6.99%),

Vitamin B5: 0.48mg (4.84%), Vitamin B12: 0.24µg (4.07%), Calcium: 26.36mg (2.64%), Vitamin A: 117.23IU (2.34%),
Vitamin D: 0.15µg (1.03%)