

# APPLE CINNAMON OAT BARS

## Nutrition Facts

Serving Size (110g)  
Servings Per Container

Amount Per Serving

**Calories 190**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 4.5g**                      **7%**

Saturated Fat 0.5g                      **3%**

Trans Fat 0g

**Cholesterol 35mg**                      **12%**

**Sodium 20mg**                              **1%**

**Total Carbohydrate 33g**              **11%**

Dietary Fiber 5g                          **20%**

Sugars 13g

**Protein 6g**

Vitamin A 2%    •    Vitamin C 10%

Calcium 6%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



These nutrient packed bars can assist with replenishing carbohydrates and protein after a workout! They are also a great grab and go snack and an excellent way to increase omega-3 intake.

## Recipe

*Servings:* 12 bars

### Dry:

- 1 1/2 C whole wheat flour
- 1 1/3 C oats
- 1/3 C walnuts
- 1/4 C ground flaxseed
- 1/4 C raisins
- 1 Tbsp cinnamon

### Wet:

- 2 apples, chopped
- 1/2 C applesauce
- 1 C skim milk
- 1/4 C honey
- 2 eggs
- 1 tsp vanilla extract

## Instructions:

Preheat oven to 325. In two separate bowls, mix dry and wet ingredients.

Add wet ingredients to dry, stirring until mixed. Add mixture to a non-stick or sprayed baking pan (mine was 8 x 12). Don't forget to add a sprinkle of raw oats on top to make it look pretty!

Bake about 30 minutes; fork check to test done-ness.

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## Whole Wheat Flour

Whole wheat flour has more fiber and protein than refined white flour which helps control the fast rise in blood sugar after consuming carbohydrates. Whole wheat flour also contains more nutrients such as niacin, folate, riboflavin, and B vitamins than un-enriched white flour.

## Flaxseed

Flaxseeds are the number one source of omega 3 fatty acids and lignans. Lignans are fiber-like compounds that provide antioxidant protection. Another unique feature of flaxseeds is their mucilage content which is a water-soluble, gel-forming fiber which provides support for the gut. The anti-inflammatory effect of flaxseeds help reduce the risk of breast, prostate and colon cancer.

## Eggs

Eggs are a source of high quality protein and contain all B vitamins. Specifically eggs are a great source of choline. Eggs are also a rich source of selenium and iodine. Although there is controversy around the health benefits of eggs they provide broad nourishment such as omega-3s, antioxidant minerals and a high biological value protein.

## Walnuts

Walnuts are a rich source of heart-healthy monounsaturated fats and an excellent source of omega-3 fatty acids. The antioxidant and anti-inflammatory nutrients are beneficial for the cardiovascular system, bone health and provide a reduced risk for a multitude of diseases.

## Cinnamon

Essential oils in cinnamon contain 3 active components (cinnamaldehyde, cinnamyl acetate, cinnamyl alcohol) which provide anti-clotting and anti-microbial benefits as well as assisting in control of blood sugar. The scent of this spice also boosts brain function.

## Apples

Apples have polyphenols and antioxidants which decrease cell membrane fat oxidation, reducing clogging of the arteries. They also reduce the risk of asthma and help regulate blood sugar. Research has also shown digestive benefits by altering bacteria within the gut.

## Oats

Oats are an excellent source of manganese which helps with bone formation and skin integrity. They are also a good source of phosphorous, fiber and protein which decrease digestion time making you feel full longer!