

# Sunrise oat bars

Recipe group Breakfast, American	Additional name K12 PF deck	Diet factors VG, GF, NF	Portions 12	Portion size 5.90 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>1</b>	5 cup	15 oz	0%	15 oz Oats, Rolled, dry	For oat bars: In a large mixing bowl, combine all dry ingredients in step 1.
	2 tsp	0.29 oz	0%	0.29 oz Baking Powder	
	1 1/4 tsp	0.10 oz	0%	0.10 oz Salt, Kosher	
	1 tsp	0.08 oz	0%	0.08 oz Cinnamon, ground	

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>2</b>	4 cup	1 lb 7.20 oz	34%	2 lb 2.99 oz Bananas, fresh, peeled, mashed	In a separate mixing bowl, add all ingredients in step 2. Mix to combine.
	2 cup	1 lb	0%	1 lb Non-Dairy Milk, Soy, unsweetened	
	1/4 cup	1.92 oz	0%	1.92 oz Oil, Canola	
	2 tsp	0.31 oz	0%	0.31 oz Extract, Vanilla	



*Ingredients in bowl*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>3</b>	2 cup	13.90 oz	0%	13.90 oz Berries, mixed, frozen	Combine ingredients from step 1 and step 2 and fold in berries.



*Ingredients in step 1 and 2 combined with berries*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				Preheat oven to 350°F. Portion mixture into a lined 18x13-inch pan and bake for 40 minutes or until golden and set. Cool before slicing into 24 bars.

4



*Add oat mixture to a lined sheet pan*



*Sunrise oat bars*

## RECIPE IMAGES



*Sunrise oat bars*

## ALLERGENS

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	4 lb 6.79 oz	0.00 %	4 lb 6.79 oz	0.00 %	4 lb 6.79 oz
Size of portion	5.90 oz		5.90 oz		5.90 oz

## MEMO

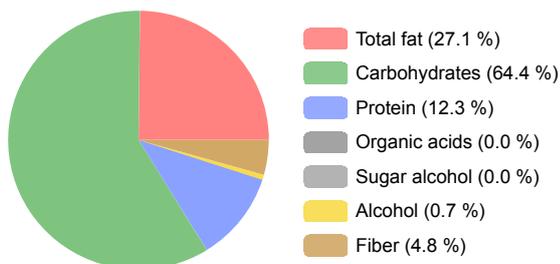
Crediting: Each serving provides 1 oz eq grains, and 1/2 cup fruit.

## NUTRITION INFORMATION

per portion

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals		RDI	
<b>Total fat</b>	<b>7.94 g</b>	<b>10 %</b>	<b>258.68 kcal</b>	<b>13 %</b>	<b>Salt</b>	<b>0.27 g</b>		
Saturated	0.91 g	5 %	1,082.34 kJ		Salt	0.16 %		Vitamins
Monounsaturated	3.81 g	13.02 %			Sodium	107.50 mg	5 %	Vitamin A
Polyunsaturated	2.60 g	8.88 %			Phosphorus	256.31 mg	21 %	Vitamin D
Trans fatty acids	0.02 g	0.06 %			Potassium	464.10 mg	10 %	Thiamine
Cholesterol	0.00 mg	0 %			Iron	2.06 mg	11 %	Riboflavin
Linolenic acid	1.75 g	5.98 %			Calcium	100.20 mg	8 %	Niacin
Alpha-linolenic acid	414.47 mg	1.42 %			Zinc	1.50 mg	14 %	Vitamin B6
<b>Total Carbohydrate</b>	<b>41.00 g</b>	<b>15 %</b>			Chloride	0.00 mg	0 %	Vitamin B12
Sugars total	9.58 g	19 %			Fluoride	0.00 mg		Folate
Added sugar	0.00 g	0 %			Magnesium	83.97 mg	20 %	Biotin
Lactose	0.00 g				Molybdenun	0.00 µg	0 %	Choline
<b>Fiber</b>	<b>6.47 g</b>	<b>23 %</b>			Iodine	0.00 µg	0 %	Pantothei Acid
Organic acids	0.00 g	0.00 %			Selenium	0.56 µg	1 %	Vitamin C
Sugar alcohol	0.00 g	0.00 %			Copper	0.30 mg	33 %	Vitamin E
Starch	2.95 g	4.63 %						Vitamin K
<b>Protein</b>	<b>7.80 g</b>	<b>16 %</b>						
Alcohol	0.25 g	0.67 %						
								Others
								Water
								79.62 g

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.