

Low-Glycemic Muesli Energy Bars

Nutrient-dense breakfast bars combining steel-cut oats, nuts, and naturally sweet dried fruit—designed to provide sustained energy without blood sugar spikes.

Prep: 15 min

Cook: 25 min

Total: 40 min

Servings: 24

GL 13.1 / GI 48

Ingredients

Low GI whole grain, provides soluble fiber old-fashioned rolled oats

High protein, lowers overall glycemic load soy flour

Adds protein and calcium fat-free dry milk powder

Rich in fiber and B vitamins toasted wheat germ

Healthy fats slow glucose absorption sliced almonds, toasted

Natural sweetness with fiber intact dried apples, chopped

Medium GI, use sparingly or substitute with lower GI dried fruit raisins

sea salt

Medium GI sweetener, contains trace minerals dark honey

Protein and healthy fats stabilize blood sugar natural unsalted peanut butter

Heart-healthy monounsaturated fat extra virgin olive oil

pure vanilla extract

Instructions

Step 1

Preheat your oven to 325°F (165°C). Prepare a 9x13-inch baking pan by lightly coating it with cooking spray or lining it with parchment paper for easy removal.

Step 2

In a large mixing bowl, combine the rolled oats, soy flour, dry milk powder, wheat germ, toasted almonds, chopped dried apples, raisins, and salt. Mix thoroughly with a wooden spoon until all dry ingredients are evenly distributed throughout.

Step 3

Place a small saucepan over medium-low heat and add the honey, almond butter, and olive oil. Stir continuously with a whisk or wooden spoon until the mixture becomes smooth and fully incorporated, about 3-4 minutes. Be careful not to let it boil, as excessive heat can degrade the honey's beneficial properties.

Step 4

Remove the saucepan from heat and stir in the vanilla extract until well combined. The mixture should be warm and pourable but not hot.

Step 5

Pour the warm honey-almond butter mixture over the dry ingredients in the large bowl. Working quickly while the mixture is still warm, stir vigorously with a sturdy spoon until every bit of the dry ingredients is coated. The final mixture should be sticky and hold together when pressed, but not overly wet.

Step 6

Transfer the mixture to your prepared baking pan. Using clean hands or the back of a measuring cup, press the mixture firmly and evenly into the pan, ensuring there are no air pockets. Pay special attention to the corners and edges for uniform bars.

Step 7

Bake in the preheated oven for 23-25 minutes, until the edges just begin to turn golden brown. The center should still appear slightly soft but will firm up as it cools. Avoid overbaking, which can make the bars dry and crumbly.

Step 8

Remove from the oven and let cool in the pan on a wire rack for exactly 10 minutes. While still warm, use a sharp knife to cut into 24 equal bars (6 rows by 4 rows). Once cut, allow the bars to cool for another 5 minutes, then carefully transfer them to the wire rack to cool completely, about 30 minutes. Store in an airtight container in the refrigerator for up to 2 weeks. Each bar weighs approximately 110 grams.