

UC-VEG

Umpqua Community Veg Education Group

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Date & Oat Bar

Ingredients:

- 2/3 C whole wheat pastry flour
- 2 C Shredded unsweetened coconut
- 1 C coarsely chopped walnuts
- 3/4 C rolled oats
- 1/2 t. salt
- 1 C finely chopped dates (soaked in hot water to soften)
- 3/4 C almond butter or peanut butter
- 3/4 C honey

Combine dry ingredients in a bowl or food mixer. Soak dates, if needed, until soft. Drain. Add to dry ingredients. Mix together honey and almond butter and add to dry ingredients. This is when it starts to get sticky. If you don't have a food mixer, use some plastic food service gloves and mix it with your hands. Press into an 8"x 11", greased baking dish.

Bake at 350° until lightly browned; about 15 to 20 minutes. Do not over bake or they will be dry. Makes 24 servings

1 serving 109 calories; 13 grams fat; 87 sodium; 22 grams carbs; 3 grams fiber; 14 grams sugar; 3 grams protein

Recipe Credit to Vegan Homestyle by Kay Hansen

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