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Date and Oat Bars

Ingredients:

- 1/3 cup whole wheat pastry flour
- 2 cup shredded unsweetened coconut
- 1 cup coarsely chopped walnuts
- 3/4 cup rolled oats
- 1/2 teaspoon salt (optional)
- 1 cup dates (soaked in hot water until soft, about 1 hour), finely chopped
- 3/4 cup almond butter or peanut butter
- 3/4 cup honey

Directions:

Combine dry ingredients in a bowl. Add the chopped dates. In a separate bowl, mix together the honey and nut butter, then add to the dry ingredients. It starts to get sticky, and it works well to mix with your hands instead of a spoon (using plastic food prep gloves if needed). Press the batter into an 8"x 11" baking dish. Option: Line the pan with parchment paper if you'd like the cut pieces to come out more clean.

Bake for 15-20 minutes at 350°F until lightly browned. 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 Cookbook* by Kay Hansen