



### Date Bars

#### Ingredients:

440g chopped dates

1 ½ cup water

1 tsp vanilla

1 ¼ cup flour

1 ¼ cup oats

¾ cup brown sugar

1 tsp baking soda

½ cup butter

#### Directions:

1. Chop dates
2. Boil dates in 1 ½ cup of water
3. Add vanilla when softened
4. Mix flour, sugar, oats, baking soda in bowl
5. Melt butter and mix in bowl
6. Grease a pan
7. Pour and press half of oats mixture on bottom of pan
8. Pour date mixture onto oats mixture
9. Cover the date mixture with rest of oats mixture
10. Bake for 30 minutes at 350
11. Let cool and cut into squares

Makes: 25 squares

Calories: 160

Fat: 7g

Carb: 25g

Pro: 7g