

No-Bake Date, Oat and Nut Energy Bars



Indulge in our no-bake date, oat, and nut bars, a delicious and healthy treat that requires no cooking.

Preparation 10 min

Cooking 0 min

Servings 12

Nutrition Facts (per serving)

Calories 190

Fat 10

Carbohydrates 21

Fibre 4

Protein 6

Sodium 2

Ingredients

- 375 ml (1½ cups) pitted Medjool dates*
- 60 ml (¼ cup) almond flour
- 250 ml (1 cup) mixed nuts of your choice (pecans, walnuts, hazelnuts, etc.)
- 250 ml (1 cup) quick-cooking rolled oats 60 ml (¼ cup) peanut butter

Optional Ingredients

- 60 ml (¼ cup) dried cranberries, shredded coconut or chocolate chips
- 5 ml (1 tsp) vanilla extract, cinnamon or cocoa powder

*If you are using regular dried dates, soak them in water for 1 hour to rehydrate them slightly or in boiling water for a few minutes if you are in a hurry.

Preparation

1. In a food processor, blend dates, nuts and almond flour until smooth.
2. Pour the mixture into a large bowl, add the oats and peanut butter and mix well with a spoon. Add optional ingredients of your choice and mix well.
3. Spread the mixture evenly in a 30 cm x 20 cm (12" x 8") rectangular dish lined with parchment paper. Press the mixture firmly.
4. Refrigerate for at least 1 hour, unmould, then cut into 12 equal bars.

Notes

Can be kept for 1 week in the refrigerator and 3 months in the freezer in an airtight container.



Jennifer Lamarche – Nutritionniste Diététiste à Sainte-Catherine | Coordinatrice événementiel
Registered Dietitian Nutritionist in Montreal North-Shore