

Reduced-Sugar Date Squares



Specially crafted for fans of nutritious treats, this [healthy dessert](#) is not just low in sugar—it also packs 6g of fiber and 9g of protein per serving, thanks to flax seeds and textured vegetable protein. Thus, it seamlessly fits into a balanced diet for those who are health-conscious but still have a sweet tooth!

Bon appétit!

Preparation 10 min

Cooking 45 min

Servings 12

Nutrition Facts (per serving)

Calories 245

Fat 7

Carbohydrates 36

Fibre 6

Protein 9

Sodium 100

Ingredients

For the filling

- 500 ml (2 cups) of pitted and chopped dates
- 250 ml (1 cup) of water
- 30 ml (2 tbsp) of orange juice

For the crumble

- 250 ml (1 cup) of oats
- 190 ml (¾ cup) of textured vegetable protein (TVP)
- 125 ml (½ cup) of whole wheat flour
- 60 ml (¼ cup) of ground flax seeds
- 60 ml (¼ cup) of softened butter
- 60 ml (¼ cup) of egg whites
- 15 ml (1 tbsp) of brown sugar
- 1 ml (¼ tsp) of baking soda
- A pinch of salt

Preparation

1. Preheat the oven to 350°F (180°C). Line a 20 cm (8 in) square pan with parchment paper, allowing it to hang over two sides.
2. In a small saucepan, bring the filling ingredients to a boil. Reduce heat and simmer uncovered for 12 minutes on low heat, stirring occasionally. Remove from heat and let cool.
3. Meanwhile, in a large bowl, mix the crumble ingredients. The mixture will be granular.
4. Spread half of the crumble mixture into the baking dish. Press down lightly with the back of a spoon. Cover with the date filling, then with the remaining crumble.
5. Bake for 25 minutes. Let cool before serving.

Notes

Keeps for 5 days in the refrigerator, in an airtight container. Can be frozen for up to 3 months.



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