Snack, American

Chewy Orange Date Pecan Oat Bars

Soft, chewy oat bars studded with sweet chopped dates and pecans, fragrant with orange zest and cinnamon. A maple and peanut butter binding mixture bakes them into golden squares.

45 min	160	20 g	9 g
time	calories	carbs	sugars



Vegan | Dairy free

Ingredients, 12 servings

- [ ] 1 cup California dates (pitted and chopped)
- [ ] 1 1/4 cup quick cooking rolled oats
- [ ] 3 tbsp whole wheat flour (OR buckwheat flour if gluten free preferred)
- [ ] 2 tbsp wheat germ
- [ ] 2 tbsp ground flax seed
- [ ] 1 tbsp chia seeds
- [ ] 1/2 cup pecans (chopped)
- [ ] 1 tsp kosher salt
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/4 cup peanut butter (creamy)
- [ ] 1/4 cup neutral oil (such as vegetable or avocado oil)
- [ ] 1/4 cup maple syrup
- [ ] 1 tsp orange (zest)
- [ ] 1/4 tsp vanilla extract

Nutrition Facts

Per serving

Calories	160
Total fat	9 g
Saturated fat	1 g
Sodium	115 mg
Total carbs	20 g
Fiber	2 g
Total sugars	9 g
Protein	3 g

Method

- [ ] 1 Heat the oven to 350°F and line an 8x8 inch square pan with parchment paper.
- [ ] 2 Combine California dates, quick cooking rolled oats, whole wheat flour (or buckwheat flour if preferred), wheat germ, ground flax seed, chia seeds, chopped pecans, Kosher Salt, and ground cinnamon in a bowl, mixing well and breaking up the dates so they are spread throughout.
- [ ] 3 Warm creamy peanut butter, neutral oil, and maple syrup in a small saucepan over low heat, whisking until well combined, then remove from the heat and whisk in the orange zest and vanilla extract.
- [ ] 4 Pour the warm mixture over the dry ingredients and stir until everything is evenly coated, continuing to break up the dates and work them through.
- [ ] 5 Spread the mixture evenly into the prepared pan, pressing it firmly into the sides and corners.
- [ ] 6 Bake for 30 minutes, until golden at the edges.
- [ ] 7 Set the pan on a cooling rack and cool completely before removing and cutting, or chill the pan in the refrigerator to speed up cooling.
- [ ] 8 Lift the bars out of the pan using the parchment paper, transfer them to a cutting board, and cut into 16 bars.

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