Snack

Sticky Date and Seed Squares

Sweet dates are blended into a sticky paste that binds rolled oats and a mix of seeds into a firm slab. Pressed into a tin and chilled overnight, it slices neatly into small squares.

495 min	137	32.3 g	20.1 g
time	calories	carbs	sugars



Vegan | Dairy free

Ingredients, 12 servings

- [ ] 2.5 cups (425g) deseeded dried dates
- [ ] 1-2 tablespoons (20-40ml) boiling water
- [ ] 1.5 cups (135g) rolled oats
- [ ] 1 cup of seeds of your choice (e.g. pumpkin seeds, sunflower seeds, sesame seeds)
- [ ] Additional seeds for topping (optional)

Method

- [ ] **1** Tip the deseeded dried dates and boiling water into a food processor and blend until they form a sticky paste.
- [ ] **2** Add the rolled oats and the seeds of your choice, such as pumpkin seeds, sunflower seeds or sesame seeds, then pulse in the processor, or mix with a paddle attachment if you prefer the seeds left whole.
- [ ] **3** Press the mixture firmly into a lunch box or small baking tin, aiming for a layer 1 cm deep or less.
- [ ] **4** If you like, scatter the additional seeds for topping over the surface and press them down with a spatula.
- [ ] **5** Chill in the fridge overnight, then cut into small squares or bars.

Nutrition Facts

Per serving

Calories	**137**
Total fat	0.9 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	32.3 g
Fiber	3.9 g
Total sugars	20.1 g
Protein	2.4 g

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