

## Date Bars

### Ingredients for crust:

- $\frac{3}{4}$  c. whole, raw almonds
- $\frac{3}{4}$  c. old-fashioned oats
- $\frac{1}{4}$  t. salt
- 5 Medjool dates, pitted and roughly chopped ( $\frac{1}{3}$  c.)
- 2 T. Earth Balance Coconut Spread

### Ingredients for date filling:

- 10 Medjool dates, pitted and finely chopped (1 c.)
- $\frac{1}{4}$  c. water
- $\frac{1}{4}$  t. vanilla powder

### Directions:

1. Line a square pan with parchment paper. Combine almonds, oats and salt in food processor and process until crumbly. Add in dates and process until crumbly again.
2. Melt the coconut spread in the microwave and add to crumb mixture. Process until mixture begins to come together.
3. Press mixture into pan (reserve  $\frac{1}{2}$  c. for topping) and press down firmly.
4. Combine dates and water and microwave for 30 seconds. Add vanilla powder and mash with fork into a paste. Place by spoonfuls on crumb base and spread evenly. Top with remaining crumbs and press down lightly. Place in freezer or fridge to firm up. To make a layered dessert, put a date bar in small bowl, layer vanilla yogurt and fresh pineapple on top! Also good just as they are!

### Did You Know?

*Organicfacts.net*

**Medjool dates are often called the king of dates, due to their global availability, and are also the “soft” variety of dates, compared to semi-dry or dry varieties.**

**People who regularly consume medjool dates find relief from poor digestion, high blood pressure, high cholesterol, osteoporosis, hormone issues, low metabolism, constipation, wound healing, growth and development, vision health, and poor nutrient uptake.**