



No-bake date and seed bar

AMBER (ACT & SA) / Occasional (NSW)

Makes 16 bars

Ingredients:

- 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. Place dates and boiling water in food processor and blend until dates become a sticky paste.
2. Mix in the dry ingredients with the date mix (this can be done in the food processor on pulse mode, or if you prefer whole seeds we recommend using a paddle attachment).
3. Press the mix into a lunch box or small baking tin (aim for 1 cm height or less).
4. Add extra seeds as a topping by sprinkling on top and pressing in with a spatula.
5. Refrigerate overnight before slicing into small squares or bars.

Tips:

- This recipe can be doubled as needed.

Recipe tested by JG November 2016

Nutrition information:

No-bake energy bar	Per serve (40g)	Per 100g
Energy (kJ)	565	1410
Protein (g)	2.4	6.1
Fat – total (g)	2.6	6.5
Fat – saturated (g)	0.5	1.2
Carbohydrates – total (g)	23.2	57.9
Carbohydrates – sugar (g)	17.4	43.6
Sodium (mg)	5	13
Fibre (g)	3.9	9.7