



## Nutty Grain and Oat Bars



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup almonds raw
- ☐ 2 tablespoons amaranth grain
- ☐ 2 tablespoons virgin coconut oil unsalted
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup maple syrup pure
- ☐ 6 large medjool dates pitted chopped
- ☐ 2 cups old-fashioned oats
- ☐ 0.5 cup pumpkin seeds shelled (pepitas)

- ☐ 0.5 cup sunflower seeds shelled

## Equipment

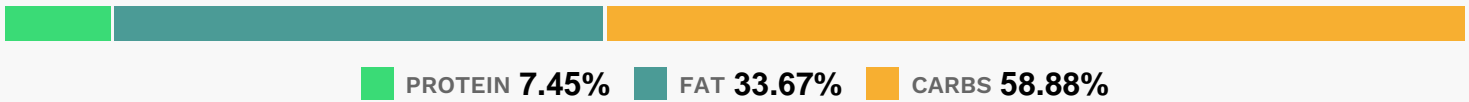
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ aluminum foil
- ☐ spatula
- ☐ immersion blender
- ☐ serrated knife

## Directions

- ☐ Preheat oven to 350°F. Lightly coat an 8 1/2x4" loaf pan with nonstick spray and line with parchment paper, leaving an overhang on long sides; spray parchment.
- ☐ Bring dates and maple syrup to a boil in a small saucepan, reduce heat to medium-high, and boil, stirring often, until dates are very soft and maple syrup is slightly reduced, 8–10 minutes.
- ☐ Remove date mixture from heat and stir in butter until it is melted. Mash dates with a potato masher or fork until as smooth as possible. (if you have an immersion blender, it will work, too). You should have about 1 cup.
- ☐ Toss oats, almonds, pumpkin seeds, sunflower seeds, amaranth, and salt in a large bowl.
- ☐ Mix in date mixture until evenly coated. Scrape half of oat mixture into prepared pan and press very firmly and evenly with a rubber spatula to compress it as much as possible.
- ☐ Add remaining oat mixture and press until very tightly packed into pan.
- ☐ Bake, tenting with foil if browning too quickly, until loaf is darkened in color and firm around the edges, and center gives just slightly when pressed, 45–50 minutes.
- ☐ Transfer pan to a wire rack and let loaf cool in pan before turning out (it can even sit overnight).

- ☐ Cut into 1/2"-thick slices with a serrated knife.
- ☐ For crisp bars, lay slices on a baking sheet and bake at 350°F until golden brown, 8–10 minutes, or toast as desired in a toaster oven.
- ☐ DO AHEAD: Loaf can be made 5 days ahead. Keep tightly wrapped at room temperature.
- ☐ Sesame seeds (for amaranth)

## Nutrition Facts



## Properties

Glycemic Index: 9.78, Glycemic Load: 7.81, Inflammation Score: -3, Nutrition Score: 9.2921738924216%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 196.27kcal (9.81%), Fat: 7.64g (11.75%), Saturated Fat: 1.57g (9.78%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 27.46g (9.99%), Sugar: 18.47g (20.53%), Cholesterol: 3.76mg (1.25%), Sodium: 75.96mg (3.3%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.8g (7.61%), Manganese: 1.32mg (66.17%), Vitamin B2: 0.3mg (17.83%), Magnesium: 59.26mg (14.81%), Vitamin E: 2.18mg (14.56%), Copper: 0.25mg (12.45%), Phosphorus: 121.02mg (12.1%), Vitamin B1: 0.16mg (10.55%), Fiber: 2.59g (10.38%), Selenium: 5.79µg (8.27%), Zinc: 1.06mg (7.08%), Iron: 1.25mg (6.93%), Potassium: 223.12mg (6.37%), Vitamin B6: 0.12mg (6.19%), Folate: 21.06µg (5.27%), Calcium: 44.83mg (4.48%), Vitamin B3: 0.81mg (4.04%), Vitamin B5: 0.31mg (3.12%), Vitamin A: 60.34IU (1.21%), Vitamin K: 1.25µg (1.19%)