



Oatmeal Cookie Bars

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2.5 cups dates pitted chopped
- ☐ 1.5 cups flour all-purpose sifted
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 cups cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup shortening
- ☐ 0.7 cup water

☐ 0.8 cup sugar white

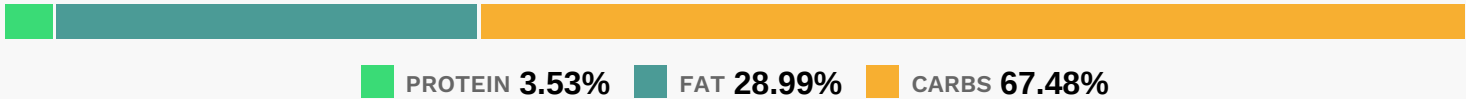
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 400 degrees F. Grease a 9x13 inch pan.
- ☐ To make Filling: In a saucepan over low heat, combine dates, water, white sugar, and lemon juice.
- ☐ Heat for about 8 minutes, or until thick. Set aside to let cool.
- ☐ To make Pastry: In a large bowl, combine flour, brown sugar, oats and salt.
- ☐ Mix until well blended.
- ☐ Add in shortening until mixture forms into coarse crumbs.
- ☐ Press half of pastry mix into pan. Cover with date mixture and spread remaining pastry mix over the top.
- ☐ Bake 20 to 25 minutes until golden brown.
- ☐ Let cool on wire rack before cutting.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:7.97, Inflammation Score:-1, Nutrition Score:1.8656521642014%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg,

Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 103.11kcal (5.16%), Fat: 3.46g (5.32%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 17.14g (6.23%), Sugar: 12.48g (13.87%), Cholesterol: 0mg (0%), Sodium: 26.14mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Manganese: 0.16mg (7.94%), Fiber: 0.96g (3.83%), Selenium: 2.49µg (3.56%), Vitamin B1: 0.05mg (3.27%), Magnesium: 11.48mg (2.87%), Folate: 9.58µg (2.4%), Iron: 0.41mg (2.3%), Phosphorus: 20.8mg (2.08%), Potassium: 70.28mg (2.01%), Vitamin K: 2µg (1.91%), Vitamin B3: 0.35mg (1.77%), Copper: 0.03mg (1.69%), Vitamin B2: 0.03mg (1.65%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.11mg (1.09%)