



## 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 oats quick
- 0.5 teaspoon salt
- 0.8 cup shortening
- 0.7 cup water

0.8 cup granulated 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.

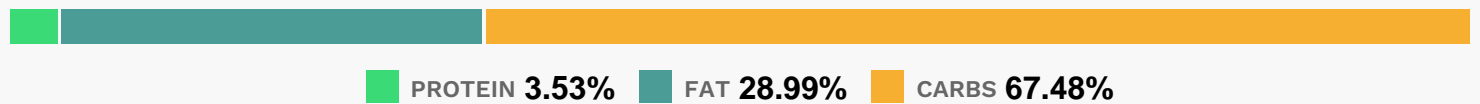
Add in shortening until mixture forms into coarse crumbs.

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%)