

Oatmeal, Fig, and Walnut Bars

Vegetarian

ADY IN

SERVINGS







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

1.8 cups oats

3.3 cu	ps flour
1 teasp	ooon baking soda
1 cup k	outter chilled cut into 1/2-inch cubes (2 sticks) (such as Earth Balance)
1.3 cup	os t brown sugar dark packed ()
10 oun	ces figs dried stemmed chopped
2 teas	poons ground cinnamon

1.5 teaspoons juice of lemon fresh

	1 cup powdered sugar	
	0.5 teaspoon salt	
	6 tablespoons sugar	
	1 teaspoon vanilla extract	
	1 cup walnuts toasted coarsely chopped	
	1 cup water	
Eq	uipment	
	bowl	
	frying pan	
	sauce pan	
	oven	
	whisk	
	baking pan	
	aluminum foil	
	spatula	
Directions		
	Combine first 4 ingredients inheavy medium saucepan. Bring to simmerover medium heat, stirring until sugardissolves. Reduce heat to low. Cover and simmer 5 minutes. Uncover and simmeruntil figs are very soft and filling is thick, stirring often, about 10 minutes.	
	Mix inlemon juice and vanilla, then walnuts.Cool completely. DO AHEAD: Can be made1 day ahead. Cover and chill. Bring toroom temperature before using.	
	Position rack in top third of oven and preheat to 350°F. Spray 13x9x2-inch metal baking pan with nonstick spray.	
	Combine oats and next 5 ingredients inlarge bowl and whisk to blend.	
	Add cubed butter." Using fingertips, blend untilmixture forms small moist clumps.	
	Firmly press half of crust mixture (about3 cups) over bottom of prepared pan.	
	Spreadfilling evenly over crust.	
	Sprinkle remainingcrust mixture over filling; press to adhere.	

Bake bars until deep brown and firmto touch, about 35 minutes. Cool in pan onrack.
Cut crosswise into 6 strips. Make 8lengthwise cuts, forming 2x1-inch bars.DO AHEAD: Can be
made 1 day ahead. Coverpan with foil; store at room temperature.
Place powdered sugar in medium bowl. Using narrow spatula, remove as manybars as desired from pan.
Roll half of barsin powdered sugar to coat. Arrange coatedbars and plain bars alternately on platter.
For longer storage, cover pan and chill. Bars will keep oneweek, but crust will soften.
Bon Appétit
Nutrition Facts
PROTEIN 5 07% FAT 34 93% CARBS 60%

Properties

Glycemic Index:6.06, Glycemic Load:7.43, Inflammation Score:-2, Nutrition Score:3.1826087061478%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 144.32kcal (7.22%), Fat: 5.76g (8.86%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 20.95g (7.62%), Sugar: 12.46g (13.85%), Cholesterol: 10.17mg (3.39%), Sodium: 80.35mg (3.49%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 1.88g (3.76%), Manganese: 0.3mg (14.85%), Vitamin B1: 0.09mg (6.24%), Selenium: 4.02µg (5.74%), Fiber: 1.31g (5.26%), Folate: 19.59µg (4.9%), Iron: 0.76mg (4.22%), Copper: 0.08mg (4.18%), Magnesium: 14.54mg (3.63%), Phosphorus: 35.09mg (3.51%), Vitamin B2: 0.06mg (3.38%), Vitamin B3: 0.61mg (3.03%), Vitamin A: 119.52IU (2.39%), Potassium: 80.15mg (2.29%), Calcium: 21.71mg (2.17%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.44%), Vitamin K: 1.43µg (1.36%), Vitamin B5: 0.12mg (1.23%), Vitamin E: 0.17mg (1.12%)