



Raw Date Power Bars



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



60

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 1.5 pounds plump dates packed pitted soft
- ☐ 1 cup flax meal (ground flax seeds: Health food stores)
- ☐ 3 cups crunchy granola crumbled
- ☐ 2 cups sesame seed toasted (10-12 minutes in a preheated 300°F oven)
- ☐ 1 cup tehina / tahini (sesame paste)

Equipment

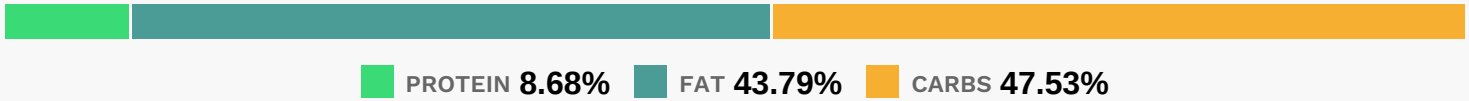
- ☐ food processor

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ In a food processor, process the dates and agave until a perfectly smooth paste forms.
- ☐ Transfer to a bowl, and add all but last ingredient.
- ☐ Combine thoroughly (it will be sticky: be patient).Press the mixture firmly into a greased cookie sheet, about 1/2 inch high.Press the sesame seeds firmly and evenly over the whole top.Refrigerate until firm.
- ☐ Cut into 1×3 inch bars.

Nutrition Facts



Properties

Glycemic Index:2.23, Glycemic Load:4.38, Inflammation Score:-2, Nutrition Score:5.7521740032927%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 132.72kcal (6.64%), Fat: 6.88g (10.59%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 14.07g (5.12%), Sugar: 9.74g (10.82%), Cholesterol: 0mg (0%), Sodium: 5.06mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.38mg (19.12%), Copper: 0.34mg (17.11%), Vitamin B1: 0.17mg (11.6%), Fiber: 2.73g (10.94%), Magnesium: 42.25mg (10.56%), Phosphorus: 105.15mg (10.52%), Iron: 1.44mg (8%), Selenium: 5.2µg (7.43%), Calcium: 70.88mg (7.09%), Zinc: 0.84mg (5.62%), Potassium: 161.57mg (4.62%), Vitamin B6: 0.09mg (4.42%), Folate: 15.87µg (3.97%), Vitamin B3: 0.75mg (3.74%), Vitamin B2: 0.04mg (2.53%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.13mg (1.3%), Vitamin K: 1.1µg (1.05%)