



## Sesame Date Bars

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



231 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup dates pitted chopped
- ☐ 1 large eggs
- ☐ 3 tablespoons flax seeds
- ☐ 0.5 cup honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon zest shredded finely
- ☐ 0.3 cup milk low-fat

- ☐ 1 cup oat bran
- ☐ 1 cup regular rolled oats
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sesame seed toasted
- ☐ 0.8 cup tahini sesame paste
- ☐ 1 cup flour whole-wheat

## Equipment

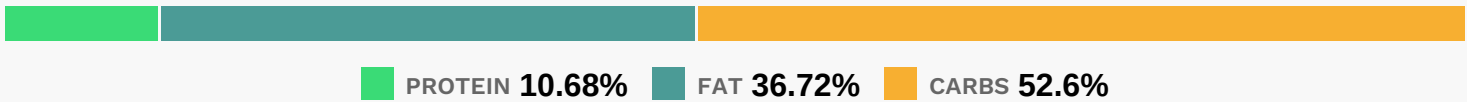
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ dough scraper

## Directions

- ☐ Line a 9- by 13-in. pan with plastic wrap, leaving an overhang on the 9-in. sides, and coat with cooking-oil spray. In a large bowl, stir together oats, oat bran, flax seeds, flour, baking powder, salt, and dates until well blended.
- ☐ In the bowl of a stand mixer, beat together tahini, milk, egg, honey, lemon zest, and lemon juice until well blended.
- ☐ Add flour mixture to tahini mixture and beat until completely blended. Scrape dough into pan and, with wet fingers or a rubber spatula, pat to fill pan completely and evenly (dough is sticky, so you may need to wash your hands a few times). Chill dough until firm, about 30 minutes.
- ☐ Meanwhile, preheat oven to 30

- ☐ Invert pan onto a work surface, lift off pan, and peel off plastic. Using a bench scraper or knife, cut straight down lengthwise through middle, then crosswise to make 16 bars, each 1 1/2 in. wide.
- ☐ Place bars about 1 in. apart on a baking sheet lined with parchment.
- ☐ Bake bars until lightly browned and somewhat firm to touch, about 20 minutes.
- ☐ Remove from oven and let cool completely.
- ☐ Make ahead: Store airtight up to 2 weeks or freeze.

## Nutrition Facts



## Properties

Glycemic Index:22.36, Glycemic Load:11.23, Inflammation Score:-4, Nutrition Score:11.878695586453%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 231.24kcal (11.56%), Fat: 10.5g (16.15%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 28.98g (10.54%), Sugar: 14.99g (16.65%), Cholesterol: 11.81mg (3.94%), Sodium: 98.21mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Manganese: 1.11mg (55.35%), Vitamin B1: 0.4mg (26.93%), Phosphorus: 251.96mg (25.2%), Copper: 0.5mg (25.09%), Selenium: 16.85µg (24.07%), Fiber: 4.86g (19.45%), Magnesium: 74.51mg (18.63%), Iron: 2.39mg (13.27%), Zinc: 1.68mg (11.23%), Calcium: 94.45mg (9.44%), Vitamin B3: 1.54mg (7.7%), Folate: 29.76µg (7.44%), Potassium: 254.4mg (7.27%), Vitamin B6: 0.14mg (6.85%), Vitamin B2: 0.09mg (5.58%), Vitamin B5: 0.36mg (3.6%), Vitamin C: 1.42mg (1.72%), Vitamin E: 0.21mg (1.39%)