



Vegan Figgy Bars



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tbsp agave nectar (or other liquid sweetener)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 tsp cinnamon
- ☐ 4 ounces dates pitted
- ☐ 8 ounces figs dried (one round package)
- ☐ 1 tbsp juice of lemon
- ☐ 1 cup regular instant uncooked quick (not oatmeal)
- ☐ 4 ounces apple sauce unsweetened

☐ 0.5 cup water

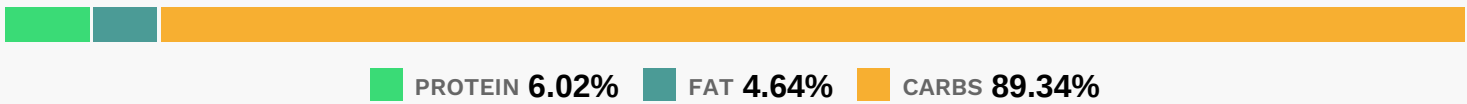
Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ cake form
- ☐ wooden spoon

Directions

- ☐ Snip off the figs’ stems, and put them, the dates, and the almonds into the food processor. Grind to a coarse paste. Stir in the remaining filling ingredients (gradually adding in the water), and process until mixed. Set aside.Preheat oven to 375 F.
- ☐ Combine the dry ingredients in a mixing bowl.Stir in the wet ingredients, mixing well to a thick consistency (if the mixture is still a bit wet, then let it sit for a few minutes before continue to stir).Press half the crust mixture into the bottom of an oiled, eight–inch square cake pan (use a wooden spoon).
- ☐ Spread the fig mixture evenly over the crust.Smooth the remaining crust mixture over the filling.
- ☐ Bake for about 30 minutes, or until lightly browned.Allow to cool completely before cutting into bars (I suggest waiting at least a few hours, before cutting).

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:2.6186956491159%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 89.25kcal (4.46%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 21.7g (7.23%), Net Carbohydrates: 19.14g (6.96%), Sugar: 14.7g (16.33%), Cholesterol: 0mg (0%), Sodium: 28.94mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Fiber: 2.56g (10.23%), Magnesium: 20.56mg (5.14%), Manganese: 0.1mg (5%), Potassium: 166.97mg (4.77%), Calcium: 44.03mg (4.4%), Phosphorus: 43.56mg (4.36%), Vitamin B1: 0.06mg (3.94%), Iron: 0.62mg (3.45%), Vitamin K: 3.34µg (3.18%), Copper: 0.06mg (2.95%), Vitamin B6: 0.04mg (2.22%), Vitamin B2: 0.03mg (1.89%), Zinc: 0.27mg (1.81%), Vitamin C: 1.3mg (1.58%), Folate: 5.81µg (1.45%), Vitamin B3: 0.25mg (1.26%), Vitamin B5: 0.11mg (1.08%)