

RASPBERRY & DATE BARS



QUICK

Less than 15 minutes

HEALTHY

Made of dates, oats, coconut oil and raspberries. They're full of fibre, vitamins and minerals

FAMILY

Makes about 24 bars

MEALS

These refined sugar-free, gluten-free, vegan bars are tart yet sweet.

INGREDIENTS

- 250g dates
- 150g raspberries (fresh or frozen)
- 200ml water
- 120g coconut oil
- 120g oats turned into flour or 125g wholemeal flour
- 200g oats
- ½ tsp baking powder
- ½ tsp salt
- Tin – approx. 25x20cm
- Greaseproof paper

METHOD

1. Put the oven on to 180°C
2. Chop the dates into small pieces
3. Put them in saucepan with the water, bring to the boil and simmer whilst you make the oat mix
4. Either use wholemeal flour or blitz 120g oats till like flour in a blender or food processor
5. In a bowl, mix the oat flour or wholemeal flour, oats, baking powder and salt
6. Keep stirring the dates - you may need more water
7. Melt the coconut oil in a saucepan
8. Line your tin with greaseproof
9. Add the raspberries to the date mix and stir
10. Add the melted coconut oil to the oat mix and stir
11. Cover the bottom of the dish with ½ the oat mix and press down
12. Cover with the date and raspberry mix
13. Cover with the remaining oat mix & press down
14. Bake for 25-30 mins till slightly brown
15. Leave to cool for 5 mins on a cooling tray
16. Cut into fingers and enjoy!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com