

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
- 250g raspberries (fresh or frozen)
- 200ml water
- 150g coconut oil / butter
- 100g wholemeal flour
- 220g oats
- 1 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, covered
- 4) Melt the coconut oil in a saucepan
- 5) In a bowl, mix the wholemeal flour, oats, baking powder and salt
- 6) Keep stirring the dates - you may need more water
- 7) Line your tin with greaseproof paper
- 8) Add the raspberries to the date mix and stir. (It should look like a moist jam - with a little liquid)
- 9) Add the melted coconut oil to the oat mix and stir
- 10) Cover the bottom of the dish with ½ the oat mix and press down firmly with the back of a spoon
- 11) Cover with the date and raspberry mix (include the liquid)
- 12) Cover with the remaining oat mix & press down gently
- 13) Bake for 25-30 mins till slightly brown
- 14) Leave till cool then put in the fridge till cold
- 15) Cut into fingers and enjoy!



@quickhealthyfamilymeals

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