

Easy Vegan Date Squares

12 SERVINGS 1 HOUR



INGREDIENTS

3 cups Oats (rolled, divided)
1/2 cup Cane Sugar
3/4 cup Coconut Oil (melted)
2 cups Pitted Dates (soaked until softened)
1 1/2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	302	Carbs	41g
Fat	15g	Protein	3g

DIRECTIONS

- 01 Preheat the oven to 350°F (182°C) and line a baking dish with parchment paper.
- 02 Place half of the rolled oats into a food processor or blender and blend until the oats reach a flour consistency.
- 03 Add the oat flour, sugar, and the remaining oats to a mixing bowl. Stir in the melted coconut oil until well combined.
- 04 Add the soaked dates and cinnamon to the food processor and blend until a mostly smooth paste forms.
- 05 Transfer about 3/4 of the oat mixture to the prepared baking dish and firmly press to form a smooth, even layer in the bottom of the pan. Spread the cinnamon date paste over the bottom layer and then top the date layer with the remaining oat mixture.
- 06 Bake for 35 to 40 minutes or until the oats are just golden brown around the edges.
- 07 Let the date squares cool completely in the pan, or overnight, before cutting into squares. Enjoy!