

Ingredients

16 servings

For the Bar:

2 ½ cups old fashioned rolled oats
15 pitted, chopped soft dates
¾ cup almond, peanut, or cashew butter
¼ cup agave, honey, or maple syrup
1.5 tsp. vanilla extract
1 tsp. cinnamon
½ cup shredded, unsweetened coconut (optional)

For the Chocolate Topping:

1 cup semi-sweet chocolate chips
3 Tbsp. coconut, almond, soy, or cow's milk

Directions

1. Line an 8 x 8 pan with parchment paper and set aside.
2. Blend or food process oats, then add dates and blend or process. Next add nut butter, agave, vanilla, and cinnamon and blend until dough is dense, but does not fall apart. If too dry, add more agave or nut butter. If too wet, add more oats.
3. Press mixture into pan, push into corners by packing down, and smooth over with a spatula.
4. In a microwave safe bowl, heat chocolate chips on high for about 1 minute to soften. Set aside.
5. Microwave milk for about 30 seconds until close to boiling, pour over chocolate and let sit for 1 minute.
6. Whisk chocolate mixture until smooth, pour chocolate evenly over bars, and refrigerate for 30 minutes.
7. Cut into 16 squares. You can store bars in the refrigerator for up to two weeks.



Cinnamon Date Squares

Amount	1 bar
Calories	215
Fat (g)	10
Sat. Fat (g)	3
Carb. (g)	29
Fiber (g)	3.5
Protein (g)	6
Allergen info: Vegan (choose vegan milk, sweetener, chocolate chips)	

Sport Nutrition Questions:

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Cooking Tip

Many of the ingredients in this dessert bar are exchangeable which makes it simple to make with options in the cupboard! Choose any type of milk, nut butter, sweetener, or oat you like. This can also determine whether the bar is vegan or gluten free. Add coconut or other dried fruit to the bar or chocolate topping for additional flavor and decadence! Leaving the chocolate topping off gives you a lower calorie option.