

Ingredients

20 servings

Filling

1 ⅓ cup pitted, chopped dates
1 ⅓ cup dried apricots, chopped
1 cup water
½ cup shredded unsweetened coconut

Base and Top Oat Layer

2 cups rolled oats
1 cup whole wheat flour
½ cup raw sugar
4 Tbsp. earth balance, vegan margarine
⅓ cup water

*Use a different dried fruit than apricots for a flavor

Directions

1. Preheat oven to 400 degrees. Line a 12 x 8 (or 8 x 8 – for thicker bars) shallow baking pan with foil.
2. *To make filling:* put dates and apricots in a small saucepan and add water. Bring to a boil, reduce heat and cook for 3-4 min, stirring frequently until fruit is pulpy and water is absorbed. Stir in coconut and set aside to cool.
3. *To make base and top oat layer:* combine oats, flour, and sugar in a bowl, and make a well in the center. Add margarine and water; mix with a knife until ingredients are evenly moistened.
4. Press ½ the oat mixture into the prepared pan, spread firmly with the back of a spoon. Spread filling over oat mixture, sprinkle remaining oat mixture evenly on top and press lightly with a fork or wax paper.
5. Bake 30 min or until golden brown. Cool in the pan then lift out and cut into squares to serve.



| Date and Oat Crisp | |
|--------------------|-------|
| Amount | 1 bar |
| Calories | 190 |
| Fat (g) | 4 |
| Sat. Fat (g) | 2 |
| Carb. (g) | 39 |
| Fiber (g) | 4 |
| Protein (g) | 3 |
| Vegan. | |

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Dates

- Dates have a long shelf life at room temperature in an airtight container (several months) or in the fridge (up to a year).
- Dates are a good source of fiber, potassium, and manganese.
- Dates make a great stuffed snack; remove the pit and add almond, peanut or another nut butter.