



No Cook Fruit & Oat Bars

 **Prep Time:** 5 min

 **Total Time:** 1 h 10 min

 **Serves:** 20

Ingredients

<input type="checkbox"/>	pitted Medjool dates (approx. 20 dates)	2 cups	500 mL
<input type="checkbox"/>	quick oats	1 cup	250 mL
<input type="checkbox"/>	pumpkin seeds	1 cup	250 mL
<input type="checkbox"/>	coarsely chopped dried apricots	½ cup	125 mL
<input type="checkbox"/>	coarsely chopped dried mango	½ cup	75 mL
<input type="checkbox"/>	chia seeds	¼ cup	60 mL

Nutrition facts

Nutrition Description Per serving (1 bar):

Calories 120

Fat 4 g

Saturated Fat 0.5 g

Carbs 20 g

Sugar 14 g

Protein 3 g

Cholesterol 0 mg

Fibre 3 g

Sodium 3 mg

Potassium

Directions

- 1 Add dates to food processor. Pulse, scraping down sides of bowl as needed, until dates starts to come together as a ball. Add oats, pumpkin seeds, dried apricots, dried mango and chia seeds; pulse until combined.
- 2 Scrape mixture into parchment paper-lined 8-in. (20-cm) square baking pan. Firmly press into an even layer. Cover and refrigerate 1 hr. or overnight.
- 3 Cut into 20 bars to serve. Store refrigerated in airtight container up to 1 week.

TIP!

Substitute raisins, dried cranberries or dried cherries for mango or apricot. Also delicious made with any seed or nut, such as sunflower seeds, pecans, almonds, peanuts.