

Pistachio Date Bars

Ingredients

- 1 cup Quaker® Oat Flour
- 2 ½ cups chopped dates
- 1 cup water
- Juice of 1 lemon
- 2 tbsp brown sugar
- 1/2 tsp baking soda
- 1 Pistachio Oat Crumble
- 1 ¾ cups Quick Oats
- 2/3 cup brown sugar
- 3/4 cup margarine
- 3/4 cup roughly chopped pistachios

How to make it

1. Prepare a 8X8 inch brownie pan with parchment paper and cooking spray. Preheat the oven to 350°F.
2. In a pot combine dates, water, lemon juice, brown sugar, and baking soda. Place over medium high heat and let simmer for 5 minutes. Remove from heat and let cool.
3. While date filling is cooling, mix together the oat mixture. In a large bowl combine oats, oat flour, brown sugar, margarine, and pistachios. Mix until the margarine is coating everything.
4. Spread half the crisp in the baking dish and press firmly. Layer with the date mixture. Cover with the remaining crisp and press lightly.
5. Place in the oven for 35 minutes.
6. Once baking is completed, allow the mixture to cool fully.
7. Cut into squares, pour a cup of tea, and enjoy!



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	40 min	50 min	15

Made with



Quaker® Oat Flour