



Bars - Date

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
Filling:		
6 cups	dates, pitted and chopped	1.5 L
3 tbsp	orange zest	45 mL
2 cups	water	500 mL
2 tbsp	orange juice	30 mL
Base/Topping:		
5 cups	oats (large flake or quick-cook)	1.25 L
2 ½ cups	whole wheat flour	625 mL
1 ½ cups	brown sugar	375 mL
4 tsp	cinnamon, ground	20 mL
2 cups	margarine/butter, melted	500 mL

Instructions

1. Preheat oven to 350°F (180°C).
2. Place dates, zest, water, and juice in a pot and bring to a boil.
3. Remove from heat and let dates sit for a few minutes until cooled (almost room temperature).
4. Purée in food processor or blender until smooth. Set aside.
5. Meanwhile, combine oats, flour, brown sugar, and cinnamon in a large bowl. Incorporate butter or margarine and mix until texture is crumbly.
6. Line two rectangular 9 X 13 inch (3.5 L) baking pans with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
7. Press half of the oat-flour mixture into the bottom of the prepared pans. Spread date filling on top of base. Top with remaining crumble.
8. Bake for 40 – 45 minutes until the top of crumble begins to brown.

Note: Divide each pan into 45 portions [1 ½ inch (3.5 cm) squares]. Extra bars can be frozen.

Nutritional Information is on the next page.

Nutrition Information Serving 35 g Bar
Calories 130
Fat 5 g
Saturated 0.5 g
+ Trans 0 g
Sodium 60 mg
Carbohydrates 20 g
Fibre 2 g
Sugars 11 g
Protein 2 g
Calcium 10 mg
Iron 0.5 mg

Food Guide Servings
½ Vegetable & Fruit
½ Grain Product