

### Ingredients

Preparation time: 25 minutes

Servings: 20

#### For the Filling:

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

#### For the Oat Layers:

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

### Directions

1. Preheat oven to 400 degrees. Line a 12 x 8 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.
3. *To make base and top oat layer:* combine oats, flour, and sugar in a bowl, make a well in the center, and add margarine and water. Mix with a knife until ingredients are evenly moistened.
4. Press ½ the oat mixture into the prepared pan, pressing firmly. 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.



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

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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### Cooking Tip

Try using different dried fruit other than apricots or dates for a new flavor profile. Tart cherries, prunes, dried blueberries, and dried cranberries would all work well in this dish.

### Performance Facts

Dates are a good source of fiber, potassium, and manganese. Oats and whole wheat flour are also high in fiber, promoting prolonged fullness and blood sugar control.



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