



# Ashley's Meal Prep Monday!



## Healthy Oatmeal Date Bars

### INGREDIENTS

#### Filling:

2 1/2 cups medjool dates -  
diced and pits removed  
1 cup water  
2 TBSP lemon juice  
1 TSP cinnamon  
1 TSP lemon zest  
1/2 TSP baking soda

#### Crisp:

1 3/4 cup GF quick oats  
1 cup GF flour  
1/2 cup brown coconut  
sugar  
1 TBSP honey  
10 TBSP melted  
butter (I used  
coconut oil)  
1/4 TSP  
baking powder

Preheat oven to 350. Place filling ingredients, except for the baking soda into a medium pan and bring to a boil. Boil for at least 5 minutes until the dates break down. Add in baking soda, stir and remove from heat.

Place ingredients for the crisp into a medium size bowl and mix well.

Line an 8x8 baking dish with parchment paper and pour half of the oat mixture into the bottom of the pan. Gently push down with a spatula. Pour the date filling on top and spread evenly over the oat crisp. Add remaining oat crisp on top of the filling. Gently press down.



Bake for 35 minutes and allow to cool before enjoying!

RECIPE: @HEALTHYFAMILYPROJECT.COM

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