

Date Bars (GF,CF)

Crust and Topping:

¾ cup rolled oats
1 cup GF flour
¼ cup unsweetened coconut
¼ tsp. powdered stevia extract
1/8 tsp. salt
6 tbsp. oil
1-2 tbsp. maple syrup

Preheat oven to 350°. Oil a 8-inch square or 5 x 9-inch pan.

Mix the oats, flour, coconut, stevia, and salt together in a mixing bowl. Stir the oil into the dry ingredients. Rub the maple syrup in with your fingers.

Press about 2/3 of the mixture firmly into the bottom of baking pan. Use the rest for the topping.

Filling:

1½ cups chopped dates (not packed)
About 2/3 cup water
Pinch of salt
1/3 tsp. powdered stevia extract

Place all the ingredients in a small sauce pan and cook over low heat until creamy. Add a little more water if necessary. (Should be a thick, creamy spreadable paste.)

Spread the date filling over the crust. Sprinkle the topping over the filling. Press the topping lightly into the filling with a fork.

Bake for 30 minutes. Cool thoroughly before cutting.