

# Ooey Goey Date Squares

10 ingredients · 30 minutes · 16 servings



## Directions

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1. Preheat oven to 375°F (191°C).
2. Place chopped dates in a small sauce pan with water. Place over low heat. Stir continuously with a fork until mixture forms a gooey paste.
3. In a large mixing bowl, combine flour, salt, baking soda, oats and cinnamon. Mix dry ingredients together. Then add oil, honey/maple syrup, almond butter and ¼ cup warm water. Use a spatula to stir well.
4. Divide the oat mixture into two even portions. Press one portion down into a pan to form the crust (we use an 8 x 8 inch square pan). Then use a spoon to spread date mixture evenly over the crust. Sprinkle the other half of the oat mixture evenly across the top.
5. Pop in the oven and let bake for 15 minutes. Remove from oven and let cool before cutting into squares. Enjoy!

## Ingredients

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- 1 cup Pitted Dates (finely chopped)
- 1 cup Water
- 1 cup Almond Flour
- 1/4 tsp Sea Salt
- 1 tsp Baking Soda
- 2 cups Oats
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil (melted)
- 1/4 cup Maple Syrup
- 1/4 cup Almond Butter

# Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

## Notes

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### Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

### Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

## Ingredients

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**1/4 cup** Pitted Dates

**2 tbsps** Almond Butter