No Bake Maple Pecan Bars

11 ingredients · 2 hours 10 minutes · 12 servings

Directions

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Ingredients

1 1/2 cups Oats

1 cup Almonds

1/3 cup Maple Syrup

2 tsps Cinnamon

1 tbsp Coconut Oil

1/2 tsp Sea Salt (divided)

2 cups Pitted Dates

2 tbsps Water

1 tsp Vanilla Extract

1/4 cup Cashew Butter

3/4 cup Pecans (roughly chopped)

Notes

Leftovers
Store leftover slices in the fridge for up to one week, or freeze for longer.

Serving Size
One serving is one square.

Baking Pan
This recipe was tested in an 8 by 8-inch baking dish.

Gluten-Free
Use gluten-free oats.

No Cashew Butter
Use almond butter instead.

Ashley Grant
http://royallyfit.ca

ROYALLY FIT