

Date Bars I

Two crunchy oatmeal layers with a gooey date filling in between.

Recipe by [Anaëlle Caron](#) | Created on **Mar 12, 2022**

Ingredients

- 2 ½ cups dates, pitted and chopped
- ½ cup packed brown sugar
- 1 cup water
- 3 cups rolled oats
- 2 cups all-purpose flour
- 1 cup packed brown sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup shortening

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking pan.
- To make filling: In a small saucepan, combine dates, brown sugar, and water. Bring to a boil and cook, stirring constantly for 10 minutes. Remove from heat.
- To make the crust: Combine flour, oats, brown sugar, baking powder, and salt in large bowl. Cut in shortening until mixture becomes crumbly. Press half of crust evenly into baking pan. Spread date mixture over the top. Crumble remaining crust mixture over the top of date mixture.
- Bake 20 to 25 minutes. Let cool on wire racks before cutting into bars.

Nutrition Facts

Serving: **2 dozen** | Calories: **247.3 kcal** | Carbohydrates: **39.8 g** | Protein: **2.8 g** | Saturated fat: **2.3 g** | Sodium: **74 mg** | Fiber: **2.5 g** | Sugar: **23.2 g**

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