



NUTRITION CONSULTING INC.

Date Squares

Enjoy this more nutritious date square with a cup of hot tea!

Recipe from February 2004 Tufts University Health & Nutrition Letter

Makes 16 servings

What you need:

Crust & Topping:

- 1 cup whole wheat flour
- 1 cup rolled oats
- ¼ cup packed light brown sugar
- ¼ tsp ground cinnamon
- ¼ tsp baking soda
- ¼ tsp salt
- ¼ cup frozen orange juice concentrate
- ¼ cup canola oil
- 2 tsp butter

Filling:

- 1 (8oz pkg) chopped pitted dates (1 2/3 cups)
- 1/3 cup orange juice
- 1/3 cup water



How you prepare:

Preheat oven to 350F. Coat an 8-by-8 inch baking pan with cooking spray.

To make filling: Combine dates, orange juice, and water in a small saucepan; bring to a simmer over medium-high heat. Reduce heat to medium-low and cook, uncovered, stirring occasionally, until dates are tender and filling has thickened, 4 to 6 minutes. Remove from heat.

To make crust and topping: Combine flour, rolled oats, brown sugar, cinnamon, baking soda, and salt in a medium bowl; blend with a fork or your fingertips. Add orange juice concentrate and blend with a pastry blender or your fingertips. Drizzle in oil, tossing with a fork, until moistened and crumbly.

To assemble and bake squares: Set 2/3 cup of the flour/oat mixture aside in a small bowl for topping; pat the remainder evenly in the bottom of the prepared pan. Spread date filling evenly over bottom crust. Add butter to reserved topping and blend with a pastry blender or your fingertips. Sprinkle topping over filling. Bake until golden and firm to the touch, 20 to 30 minutes. Let cool in pan on a rack. Cut into 16 squares.

Per serving:

- Calories 140
- Carbohydrates 25 g
- Fat 5 g
- Dietary Fiber 3 g

It's your **health.**



Take a stand.

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