



Long Livo

Healthy No Bake Cookie Dough Bars

15 min

Prep time

Easy

Difficulty

15 min

Total time

American

Cuisine

12

Servings

Dessert

Course

Ingredients

Cookie Dough Base

- ☐ 2 cups rolled oats
- ☐ 1 cup Medjool dates, pitted
- ☐ ½ cup almond butter
- ☐ ¼ cup maple syrup

- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest

Optional Add-Ins

- ☐ ¼ cup chopped walnuts
- ☐ ¼ cup dried cranberries
- ☐ 2 tbsp dark chocolate chips

Instructions

- 1** Soak the pitted dates in warm water for 5 minutes, then drain.
- 2** In a food processor, blend the softened dates, almond butter, maple syrup, vanilla, and lemon zest until smooth.
- 3** Add rolled oats and optional add-ins; pulse just until everything is combined, preserving a bit of oat texture.
- 4** Press the mixture firmly into a parchment-lined 8×8 inch pan; drizzle a little extra maple syrup on top if desired.
- 5** Refrigerate for at least 30 minutes, then cut into bars and enjoy.

Nutrition per serving

180 kcal

Calories

5 g

Protein

24 g

Carbs

8 g

Fat

Tips & notes

- If the mixture feels crumbly, add a teaspoon of almond milk at a time.
- For a richer flavor, toast the oats lightly before mixing.
- The bars can be frozen; thaw in the fridge before serving.