Oatmeal Raisin Power Bars

These all-natural bars are naturally sweet and are full of healthy Omega-3’s for brain power!

Serves 8

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

Country Oatmeal Raisin Power Bars

Ingredients

- 1 cup old-fashioned, rolled oats
- 1 cup walnuts
- ¾ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 1 cup seedless raisins
- 6-8 medjool dates
- Cooking spray

Directions

1. In a food processor, pulse together oats and walnuts until well mixed.
2. Add vanilla, cinnamon and sea salt, pulse a few more times, until mixed.
3. Place this mixture in a bowl to the side.
4. In same food processor, add raisins and dates and pulse until mixed and gooey.
5. Slowly add dry mixture to raisin mixture, pulsing processor and scraping sides as needed.
6. Press into an 8x8 or 9x9 baking pan coated with cooking spray.
7. Refrigerate for at least an hour, then cut into 8 equal pieces.
8. Store in air-tight container in refrigerator for up to a week, or in the freezer for up to a month.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 240</th>
<th>Calories from Fat 90</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 10g</td>
<td>10g</td>
<td>15%</td>
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</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>1g</td>
<td>5%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 80mg</td>
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<td>3%</td>
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<tr>
<td>Total Carbohydrate 36g</td>
<td>36g</td>
<td>12%</td>
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<tr>
<td>Dietary Fiber 4g</td>
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<td>16%</td>
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<tr>
<td>Sugars 22g</td>
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<tr>
<td>Protein 4g</td>
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</tbody>
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Vitamin A 0% • Vitamin C 2%
Calcium 4% • Iron 8%

Nutritional values are approximate.