Oatmeal Raisin Power Bars

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

Serves 8

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

Nutrition Facts

Serving Size 1 Bar
Servings Per Recipe 8

Amount Per Serving	
Calories 240	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 4g	**16%**
Sugars 22g	
Protein 4g	

Vitamin A 0% •	Vitamin C 2%
Calcium 4% •	Iron 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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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 mixturein 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.

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