

No Bake Maple Pecan Bars

11 ingredients · 2 hours 10 minutes · 12 servings



Directions

1. Line a baking pan with parchment paper.
2. In a food processor, combine the oats, almonds, maple syrup, cinnamon, oil, and half the salt. Pulse until a fine crust has formed and can be pressed between your fingers.
3. Pour the crust into the prepared baking pan and press down to hold the crust together. Place in the freezer while you make the topping.
4. Wipe out the food processor bowl with a paper towel. Combine the dates, water, vanilla, cashew butter, and remaining salt. Pulse on high until a somewhat smooth consistency is reached. Add a splash of more water if needed to combine.
5. Remove the crust from the freezer. Using a butter knife spread the date mixture on top of the crust until smooth. Add the pecans on top, pressing down slightly so they stick to the filling. Transfer to the freezer to set for about two hours.
6. Remove the pecan bars from the freezer and take them out of the pan by pulling out the parchment paper. Use a sharp knife to slice into squares. Enjoy!

Notes

Leftovers

Store leftover slices in the fridge for up to one week, or freeze for longer.

Serving Size

One serving is one square.

Baking Pan

This recipe was tested in an 8 by 8-inch baking dish.

Gluten-Free

Use gluten-free oats.

No Cashew Butter

Use almond butter instead.

Ingredients

- 1 1/2 cups Oats
- 1 cup Almonds
- 1/3 cup Maple Syrup
- 2 tsps Cinnamon
- 1 tbsp Coconut Oil
- 1/2 tsp Sea Salt (divided)
- 2 cups Pitted Dates
- 2 tsps Water
- 1 tsp Vanilla Extract
- 1/4 cup Cashew Butter
- 3/4 cup Pecans (roughly chopped)

Nutrition

Amount per serving

Calories	284	Vitamin D	0IU
Fat	15g	Vitamin E	3mg
Carbs	36g	Vitamin K	1µg
Fiber	5g	Thiamine	0.1mg
Sugar	21g	Riboflavin	0.3mg
Protein	6g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	101mg	Folate	18µg
Potassium	359mg	Vitamin B12	0µg
Vitamin A	7IU	Phosphorous	156mg



Vitamin C	0mg	Magnesium	80mg
Calcium	67mg	Zinc	1mg
Iron	2mg	Selenium	5µg

