No-Bake Iced Gingerbread Bars

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton

These bars are a wonderful holiday treat!

About the Recipe

130 Calories · 2 g Protein · 3 g Fiber
Dessert

Ingredients

Makes 20 Servings

- 1 1/2 cups + 2 tbsp. rolled oats
- 1/3 cup almond meal (or unsweetened shredded coconut)
- 1 1/2 tsp. ground cinnamon
- 1/2 to 1 tsp. ground ginger
- 1/4 tsp. sea salt
- 2 cups, lightly packed pitted dates
- 1/4 cup raisins
- 1 tsp. pure vanilla extract
- 1/2 cup, loosely packed coconut butter
- 3 tbsp. pure maple syrup
- 2 1/2 tbsp. nondairy milk
- a couple pinches sea salt
- 1/4 to 1/2 tsp. grated lemon zest **optional*

Directions

1. To make the bars: In a food processor, combine the oats, almond meal, cinnamon, ginger, and salt. Pulse a few times to get the oats crumbly. Add the dates, raisins, and vanilla and pulse a few times to start to incorporate. Then,

begin to puree steadily and continue until the mixture becomes cohesive (it will form a large ball on the blade). Remove the dough and press it evenly into the prepared pan.

2. To prepare the icing: Combine the coconut butter, maple syrup, nondairy milk, and salt and gently warm. You can do this in a bowl set over a hot water bath or in an oven-proof bowl in the oven/toaster oven at low heat. (Be careful not to scorch the coconut butter; just warm it until it softens.) Once softened, mix until smooth and add the lemon zest if using.
3. Pour the icing over the dough and spread to distribute. Chill in the refrigerator for a couple of hours and then cut into bars.

Nutrition Facts

Per bar

Calories: 130
Protein: 2 g
Carbohydrate: 21 g
Sugar: 13 g
Total Fat: 5 g
    Calories From Fat: 33%
Fiber: 3 g
Sodium: 63 g