

Recipe

FROZEN YOGURT BARS



INGREDIENTS

1 cup (about 12) pitted soft dates*
 2 cups (180 g) rolled oats
 1 cup (250 ml) almond butter
 1/4 cup (28 g) ground flaxseed
 1 tsp (5 g) ground cinnamon

1.5 cups (375 ml) plant based-yogurt (we used soy)
 1 cup (100 g) frozen berries or fresh fruit, stewed

OPTIONAL TOPPINGS

granola
 sliced almonds
 toasted coconut flakes

► Vegan, gluten-free, refined sugar-free

► **Yield:** 8 bars

Prep Time: 10-15 min

Freezing Time: 1-2 hrs

► **Total Time:** 15 min (not including freezing time)

DIRECTIONS

1. First, stew the berries until soft, set aside to cool.
2. In a food processor, blend the dates until they are a smooth, scraping down the sides as needed. Add the oatmeal, ground flaxseed, almond butter, and cinnamon and combine, scraping down the sides once or twice.
3. Transfer the mix to a parchment lined baking dish and press the base into the dish.
4. Top with the yogurt and spread out evenly.
5. Dot the yogurt with the stewed berries and use a knife to swirl.
6. Place into the freezer and let freeze for 1-2 hours, or until the bars are solid enough to cut.
7. When removed from the freezer, cut into squares or bars of desired size.
8. Let thaw for 3-5 minutes before eating. Enjoy!

NOTES

1. *if not soft, soak in warm water for 10 minutes first, then drain
2. **Storage:** Store in an air-tight container in the freezer, with parchment paper between cut slices of the bars to prevent them from sticking to each other. If you are eating the bar soon, it can also be kept in the fridge, but the yogurt will soften.
3. **Variations:** Add dried cranberries or slivered almonds to the granola base. Try with different nut butters, or add in a scoop of cocoa powder.

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