

Long Livo

No Bake Cookie Dough Bars – Healthy Vegan Snack

15 min	15 min	12
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Base

- [ ] 2 cups gluten-free rolled oats
- [ ] 1 cup medjool dates, pitted
- [ ] 1/2 cup almond butter
- [ ] 1/4 cup pure maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Zest of 1 lemon
- [ ] Pinch of sea salt

Optional Add-Ins

- [ ] 2 tbsp chopped almonds
- [ ] 2 tbsp shredded coconut
- [ ] 1 tbsp chia seeds

Instructions

1. Toast the oats in a dry skillet over medium heat for 3-4 minutes, stirring often until fragrant.
2. Soak the dates in warm water for 5 minutes, then drain.
3. In a food processor, combine almond butter, maple syrup, vanilla, lemon zest, and salt; blend until smooth.
4. Add the soaked dates and toasted oats to the processor; pulse just enough to keep small chunks.
5. Stir in any optional add-ins, then press the mixture firmly into a parchment-lined 8×8-inch pan.
6. Refrigerate for at least 30 minutes, then cut into 12 bars.

Nutrition per serving

210 kcal	5 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too crumbly, add a tablespoon of water or extra maple syrup.
- For a brighter flavor, increase the lemon zest slightly.
- A quick drizzle of melted dark chocolate over the top adds a luxe finish.