

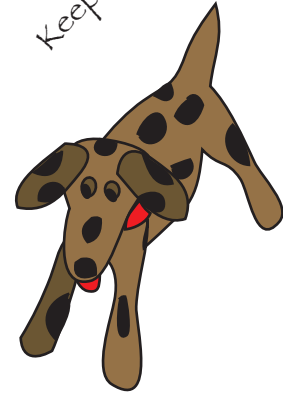
snack-sack facts

Snack Facts in a Sack

Keep rolling!

Dates have fiber to help you digest food and make use of nutrients.

No time to bake? Just pack 4 dates and 4 whole-grain crackers.



They are high in carbs and are a source of quick energy.

They are full of vitamins that make your whole body work.

Feeling sluggish?
These chewies will
pep you up!



carol goodrow

Date-Nut Chewies

Preheat oven to 350 degrees.
Chop 1 c dates.
Put 1 c water in a pot. Bring to boil.
Simmer dates for about 5 minutes.
Add 1/2 c brown sugar. Simmer for another 5 minutes.
Stir while cooking. Cool.

In another bowl mix:
1/2 c uncooked oats
1/2 c whole-wheat pastry flour
1/2 c white flour
1/2 cup white sugar
1/2 c chopped walnuts
1 1/2 tsp baking powder
1/4 tsp baking soda
1/2 c canola oil

Spray a 9X9 glass pan with non-stick spray.

Pat half of the oat mixture into glass pan.
Spread all of the cooked date mixture on top.
Sprinkle the remaining oat mixture over the top

Bake for 35 minutes.

Cool, then cut into squares.