



# DATE & OAT BREAKFAST BARS

## SHOPPING LIST

Makes 9 Bars

### Base Ingredients

- 1 ½ cups rolled oats
- 1 cup Medjool dates, pitted and finely minced into a paste
- ⅔ cup almond or peanut butter
- ¼ cup ground flaxseed
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt

### Mix-ins (Optional)

ADD UP TO ¼ CUP TOTAL

- Almonds
- Peppitas
- Dried cherries or cranberries
- Unsweetened shredded coconut

*No Added Sugar!  
Good Source of Fiber  
in Soft & Chewy Bars.*

Fiber is a type of carbohydrate we don't fully digest, and different types of fiber support the body in different ways! Getting a variety of fibers is just as important as getting enough. These no bake Date & Oat Breakfast Bars provide that variety from oats, flaxseed, dates, and nuts to support fullness, digestion, and a healthy gut microbiome – all from whole foods.

## DIRECTIONS

- 1 Finely chop dates until nearly paste-like, then transfer to a large mixing bowl.  
*Tip: lightly oil your knife to prevent sticking.*
- 2 Add nut butter, maple syrup, and vanilla, then mix together until a cohesive mixture forms
- 3 Stir in oats, flaxseed, cinnamon, salt, and any optional mix-ins. Mix thoroughly. It may look slightly crumbly at first, continue mixing until the mixture holds together when pressed.
- 4 Press firmly into a parchment-lined 8×8-inch pan, using the back of a measuring cup to compact evenly.
- 5 Refrigerate for at least 1 hour before slicing. Store chilled for best structure.

## WHY FIBER VARIETY MATTERS

*Fiber-rich and filling  
for steady energy to  
start your day.*

Most plant foods contain some type of fiber. Eating a variety is what diversifies their broader health benefits.

**Soluble Fiber:** Forms a gel-like texture during digestion, helping support heart health, fullness & steady energy.

**Insoluble Fiber:** Adds bulk and supports digestive regularity by helping move food through the digestive tract.

**Fermentable Fiber:** Serves as fuel for beneficial gut bacteria, supporting digestion and a diverse microbiome.

[GUSSMARKET.COM](https://gussmarket.com)



The  
**BALANCED  
BASKET**



**NUTRITION TIPS, RECIPES & ADVICE**