



## Figgin' Awesome Date Bars

A sweet, spicy and zesty bar that taste figgin' awesome!

SERVINGS: 16 bars      PREP TIME: 10 min  
TOTAL TIME: 25 min

## Ingredients

1/3 cup melted coconut oil

1/4 cup brown rice syrup

1/2 cup coconut sugar, plus more to sweeten

1 large egg, at room temperature

1-2/3 cups rolled oats

1 cup whole wheat flour

1 tsp baking powder

1 tsp ground cinnamon, 1/4 tsp nutmeg

1/4 tsp sea salt

8-10 Medjool dates

1 tsp pure vanilla extract

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## Directions

In a large bowl, whisk the melted coconut oil, brown rice syrup, coconut sugar, and egg together. Add the oats, flour, baking powder, 3/4 tsp cinnamon, nutmeg, and salt. Begin whisking and then stir to combine. Soak figs in warm water for 3 minutes. Add figs to a food processor and blend. Add orange zest, 1/4 tsp cinnamon, salt and mix. Add reserved fig water a Tbsp at time until it starts to form a paste. Next, add as many dates and/or coconut sugar as desired to sweeten and blend to combine. Take a little over 1- 1/2 cups of the crust mixture and press it evenly into a lined or greased pan. Spread fig filling in an even layer on top. Spoon the remaining crust mixture evenly on top and gently press it down into the filling. Bake for 25-30 minutes or until the top has lightly browned. Remove from the oven and place the pan on a wire rack. Cool bars completely.



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