



Test Kitchen Tuesday

Try it. You might like it.

Peanut Butter 'N Oats Energy Bars

From: [Test Kitchen Tuesday](#)

Time Required:

- 10 minutes

Makes: 5 bars

Ingredients:

- 1 cup pitted dates
- 1/2 cup peanut butter
- 1/3 cup rolled oats

Method:

- In a [high speed blender](#) or food processor, blend the dates until they are broken up considerably, but not totally pureed
- Add peanut butter and blend until combined
- Add oats and pulse to incorporate; If your mixture seems dry, add a little more peanut butter. You want it to hold together, not be crumbly
- Pour out onto wax paper or foil, and, roll into 5 equal balls
- Flatten balls and form into somewhat oval shaped bars
- Store in an airtight container in the refrigerator

Nutrition:



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Nutrition Facts	
User Entered Recipe	
5 Servings	
Amount Per Serving	
Calories	273.2
Total Fat	13.6 g
Saturated Fat	2.8 g
Polyunsaturated Fat	3.8 g
Monounsaturated Fat	6.5 g
Cholesterol	0.0 mg
Sodium	121.4 mg
Potassium	450.3 mg
Total Carbohydrate	38.5 g
Dietary Fiber	5.5 g
Sugars	22.6 g
Protein	8.0 g

Vitamin A	0.1 %
Vitamin B-12	0.0 %
Vitamin B-6	9.4 %
Vitamin C	0.2 %
Vitamin D	0.0 %
Vitamin E	13.4 %
Calcium	2.9 %
Copper	8.7 %
Folate	7.9 %
Iron	7.4 %
Magnesium	18.6 %
Manganese	35.7 %
Niacin	20.1 %
Pantothenic Acid	5.6 %
Phosphorus	17.1 %
Riboflavin	3.8 %
Selenium	4.3 %
Thiamin	7.9 %
Zinc	8.4 %