

Zucchini Bread Recipes

No Bake Cookie Dough Bars – Healthy Gluten-Free Vegan Treat

15 min
Prep time

15 min
Total time

12
Servings

Easy
Difficulty

American
Cuisine

Ingredients

Base

- [ ] 2 cups oat flour (certified gluten-free)
- [ ] 1 cup rolled oats
- [ ] 1/2 cup unsweetened shredded coconut

Binding

- [ ] 1 cup Medjool dates, pitted and soaked
- [ ] 1/4 cup coconut oil, melted
- [ ] 3 tbsp pure maple syrup
- [ ] 1 tsp vanilla extract

Add-ins

- [ ] 1 tsp lemon zest
- [ ] 1/4 cup mini chocolate chips
- [ ] Pinch of sea salt

Instructions

1. Soak the dates in warm water for 10 minutes, then drain and pat dry.



2. In a food processor, combine the soaked dates, melted coconut oil, maple syrup, and vanilla; blend until smooth.



3. Add oat flour, rolled oats, shredded coconut, and sea salt; pulse a few times to incorporate, then stir in lemon zest.



4. Press the mixture firmly into a parchment-lined 8×8-inch pan; sprinkle chocolate chips on top and press lightly.



5 Refrigerate for at least one hour, then lift the parchment and slice into twelve bars.



Nutrition per serving

180 kcal	3 g	24 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of water at a time.
- For extra crunch, toast the rolled oats lightly before adding.
- Allow bars to sit at room temperature for 5 minutes before serving for a softer bite.