RECIPE

Date and oat trail bites

No-cook snack bites for a day on the trail: dates carry the sweetness, with oats and almonds, about 3 bites a serving.

MAKES

8 servings (24 bites) US Metric

TOTAL

45 min

Ingredients

- [ ] 16 Medjool dates, pitted
- [ ] 1 cup rolled oats
- [ ] ¾ cup whole raw almonds
- [ ] ½ cup unsalted almond butter
- [ ] 1 tsp ground cinnamon
- [ ] 1 tsp vanilla extract
- [ ] ¼ tsp salt
- [ ] hot tap water, for soaking firm dates (drained)

Method

1. If the dates feel firm, cover them with hot tap water for 10 minutes, then drain and pat dry. Soft dates need no soaking. Pit them and tear each in half.
2. Pulse the almonds in a food processor 8 to 10 times, until the pieces are about the size of rice grains. Tip them into a bowl.
3. Put the dates, oats, almond butter, cinnamon, vanilla and salt in the processor. Run it in 10-second bursts, scraping the sides, for about 1 minute, until the mixture is thick and clumps when pressed between two fingers.
4. Add the chopped almonds and pulse 3 or 4 times, just to mix them in.
5. Roll into 24 balls, a heaping tablespoon each (about 29 g). Wet your hands under the tap now and then if the dough sticks.

6 Chill on a plate for 30 minutes to firm up. Store covered in the fridge up to 2 weeks, or freeze up to 1 month.

7 For a day out, pack 3 bites per person in a small container or wax paper. They hold up in a pocket or pack for several hours; keep them out of direct sun, since the dates soften when warm.