



January 10- Sesame Bars

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=466015>

Recipe

Ingredients:

- 1 cup walnuts
- ½ cup sesame seeds
- 1 ½ cups pitted dates
- 1 ½ cups raisins
- ⅛ teaspoon sea salt

Directions:

1. Pulse all ingredients in food processor until mixture holds together when pressed.
2. Press mixture into 9" square pan and chill. Cut into squares and serve.

Yield 16 servings

Nutrition Facts

Serving Size 1 bar (43.64g)
Servings Per Container 16

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **13%**

Sugars 16g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.