

Date Walnut Bars

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-date-dessert-recipe>

Ingredients:

- 1 1/2 cups blanched almond flour
- 1/4 teaspoon sea salt celtic
- 1/4 teaspoon baking soda
- 3 large eggs
- 1/4 cup grapeseed oil or palm shortening
- 1/4 cup agave nectar or honey
- 1 tablespoon vanilla extract
- 1 cup walnuts chopped
- 1 cup dates pitted and chopped

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 160 milligrams
4. Fat: 56 grams
5. Fiber: 11 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 280 milligrams
9. Sugar: 37 grams

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