



Wonderful®
PISTACHIOS

Wonderful® Pistachios
Plant Protein Bars

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Makes 8 bars | Serving Size: 1 bar

Ingredients:

1 cup packed, pitted medjool dates

1¾ cup **Wonderful® Pistachios No Shells Roasted & Salted**

⅓ cup rolled oats

Zest of ½ - 1 Wonderful® Halos® mandarin, dependent upon flavor preferences

1 tablespoon of Wonderful® Halos® mandarin juice (approximately 3 segments)

Instructions:

1. Blend dates in a food processor for approximately 10-15 seconds, until finely chopped.
2. Scrape the sides of the food processor, then add the remaining ingredients.
3. Pulse for 10 seconds. Scrape the sides, and pulse for an additional 5-10 seconds, until mixture is sticky to touch, but pieces of the pistachios and oats are still visible.
4. Cut wax paper to the length of a loaf pan, with the width of the paper long enough to reach the top of each side. Transfer the mixture into the loaf pan, and press down with your hands or a flat spatula until firm and smooth.
5. Chill in the refrigerator for 20-30 minutes to help mixture set before cutting.
6. Grabbing the wax paper on either side of the loaf pan, lift the mixture up and onto a cutting board. Cut into 8 bars and serve immediately or refrigerate for up to one week.

Nutrition per serving: 220 calories, 7g protein, 29g carbohydrate, 5g fiber, 19g sugar, 0g added sugar, 12g fat, 2g saturated fat, 120mg sodium, Calcium 3% DV, Iron 7% DV, Potassium 8% DV

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