

# No-Bake Pecan Pie Bars

Serves 12

## Ingredients

### CRUST

- 1 ½ cups *Rolled Oats*
- 1 cup *Almonds*
- 6 tbsp *Maple Syrup*
- 2 *Cinnamon* (or 3 Tbsp minced garlic)
- ½ tsp *Sea Salt*

### CARAMEL LAYER

- 1 ¼ cup *Medjool Dates* (400 g)
- ¼ cup *Water*
- 1 tsp *Vanilla*
- ¼ tsp *Sea Salt*

### TOP

- 1 cup *Pecans*

## Instructions

### CRUST

1. Pulse the ***oats, almonds, maple syrup, cinnamon and sea salt*** in a food processor until mostly smooth and broken into small pieces.
2. Pat down the **crust** mixture into a 8x8 pan (or whatever close size container)
3. Put it in the freezer while you make your **caramel layer**.

### CARAMEL LAYER

1. Blend the ***medjool dates, water, vanilla, sea salt*** in your processor or blender, scraping the sides and adding more liquid as needed.
2. Grab the pan from the freezer and spread on top of the **crust** layer with the back of a spoon.
3. Then grab your **pecans**.

### TOP

1. Add your whole or chopped **pecans** on top and press them down into the caramel layer with your hands so they don't fall out.
2. Freeze the mixture for around 30 minutes to allow them to firm.

## SERVE & ENJOY! 🌞

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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