

# Walnut & Fig Breakfast Bar

PREP TIME: 15 MINUTES  
COOK TIME: 30 MINUTES

YIELDS: 12 BARS



Children's Hospital  
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

## Ingredients

- 3 pitted dried dates
- 3 dried figs
- 2 tablespoons chopped walnuts
- 2 tablespoons honey
- 2 raw eggs
- ½ cup almond flour
- 2 tablespoons melted butter

## Qualities

- Texture: Soft/Crunchy
- Rating for Scent: 3/10
- Spice Level: 0/10

## Recipe Benefits

- Anti-Nausea
- Gluten Free



## Nutrition Content for 1 Bar

Calories: 86kcal	Carbohydrates: 6.6g
Fat: 6g	Fiber: 0.9g
Protein: 2.6g	Added sugar: 2.9g
	Sodium: 11mg

## Directions

1. Ensure there are no pits in the dates (sometimes even “pitted” ones still have pits remaining).
2. Preheat the oven to 350°F.
3. In a large food processor, add the figs, dates, and chopped walnuts.
4. Chop the ingredients together until mostly smooth.
5. Add the remainder of ingredients to the food processor.
6. Chop until combined.
7. Spray a rectangular or square shaped mold with nonstick cooking spray.
8. Scoop the mixture into the molds dividing evenly.
9. Bake for 25–30 minutes until firm.
10. Allow the bars to cool before removing.



## Chef Tips/Adjustments

- This recipe can be stored in the refrigerator in a sealed, airtight storage bag or container, or frozen.
- Sweetness level can be modified by adjusting the amount of honey.