



trifit

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### Oatmeal Fig Bars

Although often dried, figs have many health benefits including being a high source of potassium, which helps to control blood pressure, and are a good source of fibre, which may have a positive effect on weight loss. When well wrapped, dried figs will last several months in a cool dark place or stored in the refrigerator.

1 cup (250 mL) chopped dried figs,  
stems removed  
½ cup (125mL) water  
1 tbsp (15mL) lemon juice  
1 tsp (5mL) lemon zest  
1½ (375mL) rolled oats  
1 cup (250mL) flour  
¼ cup (65mL) packed brown sugar  
½ tsp (2mL) baking soda  
¼ tsp (1mL) salt  
½ cup (125mL) butter, melted  
1 egg white  
Cooking spray

1. In a small sauce pan bring to a boil figs, water, lemon juice and lemon zest. Simmer until mixture starts to thicken (about 3 minutes). Let cool.
2. Put fig and water mixture in a food processor or blender and process until smooth. Set aside.
3. Preheat oven to 350°F (175°C). Spray an 8-inch baking pan with cooking spray and set aside.
4. In a large bowl, whisk together oats, flour sugar, baking soda and salt.
5. Add butter and egg white to oat mixture and stir until combined.
6. Press half of the oat mixture into the baking pan. Next, carefully spread with fig mixture. Lastly, drop pieces of remaining oat mixture over the fig mixture and then gently pat down.
7. Bake for 20-25 minutes or until lightly browned. Cool on wire rack.

Recipe adapted from <http://alidaskitchen.com> Nutrition information unavailable