Peanut Date Oat Bars with Skyr Dip

8 baked bars and about 2 cups dip; 2 bars plus one-quarter of dip per serving | Active 20 min | Cook 25 min | Total 75 min

Ingredients

- 2 cups old-fashioned rolled oats (180 g)
- About 6 tablespoons plus 3/4 teaspoon smooth peanut butter, unsweetened (100 g)
- 4.2 oz soft pitted dates, finely chopped (120 g)
- 1 medium ripe banana, peeled and mashed (120 g)
- 1/2 cup 2% milk (120 ml/120 g)
- 1 large egg, without shell (50 g)
- 1 teaspoon baking powder (4 g)
- 1 teaspoon ground cinnamon (2 g)
- 1/4 teaspoon fine salt (1.5 g)
- 2 cups plain nonfat skyr (500 g)
- 1 tablespoon fresh lemon juice (15 ml/15 g)

Set out

8-inch/20 cm square metal baking pan, Baking parchment, Mixing bowl, Fork, Knife and cutting board, Four small lidded dip containers, Instant-read food thermometer

Allergens

Peanut, Milk, Egg, Tree nuts (almond-butter variation), Check oat and nut/seed-butter labels for cross-contact when relevant.. Check labels and substitutions.

Make it

1. Heat the oven to 350°F/175°C. Line the pan with parchment, leaving handles on two sides.

2. Mash the banana in the bowl, then beat in peanut butter, milk and egg until combined. Stir in dates. Add oats, baking powder, cinnamon and salt, and mix until all oats are moistened.

3. Spread in the lined pan in an even layer about 3/4 inch/2 cm deep, pressing gently into the corners. Bake for 22–25 minutes until the center is firm rather than wet, the edges are lightly golden and the center reaches at least 160°F/71°C for the egg mixture.

4. Leave in the pan for 30 minutes. While it cools, stir lemon juice into the skyr, divide into four containers and refrigerate.

5. Lift the slab out using the parchment. Cut once down the middle, then across into four rows to make 8 equal rectangular bars. Serve 2 bars with one-quarter of the dip.

Peanut Date Oat Bars with Skyr Dip

8 baked bars and about 2 cups dip; 2 bars plus one-quarter of dip per serving | Active 20 min | Cook 25 min | Total 75 min

Estimated nutrition per serving

Calories: 540 kcal | Protein: 29.1 g | Carbohydrate: 72.8 g | Fat: 17.7 g | Fiber: 8.9 g. One of 4 servings. Batch yield: 8 baked bars and about 2 cups dip; 2 bars plus one-quarter of dip per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Before the week becomes crowded

Wrap the eight bars as four pairs after cooling. Keep the dip in separate containers so a portion can be packed without handling the whole slab. Use the base portion as a clear reference, rather than assuming every training day calls for the same amount.

A useful detail

Use rolled oats, not steel-cut oats. Stir a separated natural peanut butter thoroughly before measuring so the bars receive a consistent mixture of peanut solids and oil.

Another way

Use smooth almond butter instead of peanut butter, changing the nut allergen from peanut to almond.

Replace the dates with the same weight of finely chopped soft dried apricots for a sharper fruit flavor.

Keep it well

Refrigerate bars and dip separately at 40°F/4°C or below for up to 3 days. Freeze the bars, separated by parchment, for up to 1 month and thaw in the refrigerator. Do not freeze the skyr dip. Carry both chilled in an insulated bag with two cold sources.