



Food for the gods" date and walnut bars

A popular Filipino dessert that is especially common during the Christmas season, these rich, moist, and dense bars are filled with dates and walnuts.

Ingredients:

- 1 ½ cups chopped walnuts
- 2 cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 pound Medjool dates, pitted and quartered
- 3 sticks unsalted butter, melted and cooled
- 1 cup packed dark brown sugar
- 1 cup granulated sugar
- 4 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon flaky sea salt

• **Instructions:**

1. **Prepare the baking pan.** Preheat your oven to 300°F (150°C). Grease an 8x12-inch rectangular baking pan and line it with parchment paper.

2. **Combine dry ingredients.** In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
3. **Mix wet ingredients.** In a separate large bowl, combine the melted butter, both sugars, eggs, and vanilla extract. Mix well.
4. **Add dates and walnuts.** Stir the pitted dates and chopped walnuts into the wet mixture.
5. **Combine and bake.** Fold the dry ingredient mixture into the wet ingredients until just combined. Do not overmix. Pour the batter into the prepared pan and spread evenly.
6. **Bake the bars.** Bake for 50 to 60 minutes, or until a toothpick inserted into the center comes out clean.
7. **Finish and serve.** Sprinkle flaky sea salt on top as soon as the bars come out of the oven. Let them cool completely before cutting into squares.