Pistachio and date snack squares

Cut-and-store portion grid • Free, no signup or purchase.

Chop the ingredients

Check 1 cup soft pitted dates for pits. Pulse with 1/2 cup shelled pistachios and 2 tablespoons rolled oats in a processor until the mixture clumps. If dry, add water 1 teaspoon at a time.

Press and chill

Press into a small parchment-lined dish in an even layer. Refrigerate until firm enough to cut, then divide into 8 small squares with a clean knife.

Pack and identify nuts

Separate layers with parchment in a covered food-safe container and refrigerate. Clearly identify pistachios and other allergens. Avoid unsupported energy, protein or health claims.

Important

Use the serving-layout worksheet alongside your chosen published recipe. Check ingredients and allergens. Refrigerate perishable food promptly; for transport without refrigeration use an insulated bag and at least two cold sources. Follow the current food-safety source below. No shelf-life or health benefit is established.

FIGURENOOK / YOUR PROJECT WORKSHEET

Pistachio and date snack squares

Cut-and-store portion grid • Free, no signup or purchase.

Batch date / time

Ingredient amounts or substitutions

Allergens to identify

Portions / container sizes

Refrigeration / transport plan

What to change next time

LAYOUT / SPACING PRACTICE