

WELLNESS CONNECTION

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NOURISHING YOU - Healthy Red White and Blue Blueberry Crumb Bars

Recipe by Leana Coffey

Vegan; Gluten Free; Whole Grain; Soy Free; Dairy Free; Easy
Yields one 9x5' loaf, serves 8

If you're a sucker for a yummy crumble bar like I am, you're going to love this one! When you take the first bite of this heavenly deliciousness, you won't miss all the butter, sugar, and all-purpose flour in a traditional crumble bar. Healthy ingredients coupled with sweet strawberries and tart blueberries make the perfect combination for a tasty, gluten-free treat that anyone can enjoy.



Photo Credit: Healthy Hacks

Ingredients

Berry Filling:

- 2 cups strawberries, sliced
- 2 Tbsp granulated sweetener of choice (I used Stevia Extract Baking Blend)
- 1 Tbsp cornstarch
- 1 Tbsp chia seeds
- ½ tsp lemon juice

Oat Bars

- 1 ½ cups old fashioned rolled oats
- ½ cup natural almond butter

- ½ cup unsweetened shredded coconut
- ¼ cup maple syrup
- ¼ tsp salt

Topping

- 1/3 cup blueberries (fresh or frozen)

Instructions

1. Preheat the oven to 350 F and line a 9"x5" loaf pan with aluminum foil, keeping some above the rim to use as handles to lift out the bars.
2. For the berry filling, in a medium sized bowl, add the strawberries, sweetener, cornstarch, chia seeds, and lemon juice. Toss the berries around until the cornstarch is no longer visible and the berries start to release some juice. Set aside.
3. For the oat bars, in a large bowl, add the oats, almond butter, coconut, maple syrup, and salt. Stir until well combined and the mixture sticks together if you press some between your hands.
4. Reserve ¾ cup of the oat bar mixture.
5. With the remaining amount of the oat bar mixture, firmly press it into the prepared loaf pan using your hands or the bottom of a flat cup.
6. Evenly spread the berry mixture on top of the oat bar mixture (including the liquid that gets released).
7. Crumble the reserved ¾ cup of oat bar mixture on top of the berry filling.
8. Add the blueberries on top. Lightly press the top of the bars down so that everything sticks together.
9. Bake in the preheated oven for 20 – 22 minutes or until the top is firm to the touch.
10. Allow the bars to cool almost completely in the pan (about 30 min). Then remove from the pan using the aluminum foil as handles. Allow the bars to cool completely before cutting (you can put them in the fridge to speed this step up, if you'd like).
11. Slice them into squares and enjoy!

Nutrition Information: Calories 241 | Fat 14g | Carbs 27g | Protein 6g

