

Strawberry crumble bars

Ingredients:

Crust:

1 1/2 cups Almond flour, packed
1 cup Flour
3/4 cup Oats, old fashion
1/2 cup Flaxseeds, ground
1/2 cup Butter, unsalted, melted
1/2 tsp. salt
2 tsp. Cinnamon, ground
1/4 cup Maple syrup
1/2 tsp. Vanilla extract

Filling:

1lb Strawberries, chopped
3 Tbsp. Maple syrup
1 Tbsp. Cornstarch
1/4 tsp. Almond extract
1 Orange, juiced and zested.

Method:

- Preheat oven to 350°F.
- Line 9x9 inch pan with parchment paper. In a bowl, combine crust ingredients using a fork to combine. A crumble dough will form.
- Reserve half of the dough and set aside.
- Use your hand to press and spread remaining dough into pan to form a crust. Bake the crust for 10 minutes. Then cool the crust for at least 20 minutes in the fridge.
- To prepare the filling in a saucepot, combine all the filling ingredients; strawberries, maple syrup, cornstarch, almond extract, orange juice, and orange zest. Cook on medium heat for 3-5 minutes until its simmering and thickening
- Pour filling over cooked crust, top with crumbled remaining dough and bake for 30-35 minutes. Just until the filling is bubbling and the crust is golden.
- Allow to cool completely before cutting

Nutrition Information

Serves: 16
serving size: 1 bar
Calories: 215

Chef's Note: These bars are an excellent way to showcase the spring produce. Swap in blueberries or peaches to mix it up. Also these perform well with a scoop of vanilla ice cream on top.

