

RASPBERRY OATMEAL BARS

I love when seemingly sweet treats double as breakfast foods. These bars are perfect as a snack, breakfast and they are great for on the go. They taste so much better than the store-bought jam-filled bars and are made with natural sugar and higher fiber gluten-free flours.

INGREDIENTS

1 1/4 cups gluten-free oat flour
1/4 cup cassava flour
1/2 cup almond flour (superfine)
1/4 cup coconut sugar
1 tablespoon flax seed meal
(golden is better)
1/4 teaspoon salt
1 1/2 sticks cold unsalted butter,
cut into small pieces
1 cup gluten-free rolled oats
1/2-1 cup jam of choice

MAKES 16 SMALL SQUARES OR 8 LARGE BARS

1 Preheat oven to 350°F.

2 In a food processor pulse together oat flour, cassava flour, almond flour, coconut sugar, flax seed meal, and salt until well combined.

3 Add the butter and pulse until the mixture resembles breadcrumbs and can pinch together to form dough.

4 Place the dough into a bowl and add the rolled oats and toss.

5 Line an 8x8 baking pan with parchment paper and place about 2/3 of the mixture into the pan. Using your hands press the dough down.

6 Spread the jam on top of the dough and then sprinkle the remaining 1/3 of the mixture into the pan.

7 Bake for 40-45 minutes* on the middle rack until golden brown. Let the bars cool completely before removing them from the pan and cutting them.

NOTES

- *if you are using a larger pan, cut the baking time down to 35-40 minutes. Also if you are using a dark-coated pan, lower the temperature by 25 degrees.



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