

Strawberry Crumble Bars

| | | | |
|-----------------|--------------------------|--------------------------|-----------------------|
| Servings: 16 | Prep Time: 20 minutes | Cook Time: 35 minutes | Total Time: 55 min |
|-----------------|--------------------------|--------------------------|-----------------------|

Ingredients:

For the crust:

- 1 ½ c packed fine almond flour (do not use meal)
- 1 ½ c oat flour
- ¾ c oats
- ½ tsp salt
- ½ c melted and cooled salted butter (or sub melted coconut oil)
- 1/3 c pure maple syrup
- ½ tsp vanilla extract

For the filling:

- 1 pound fresh strawberries, diced
- 3 tbsp pure maple syrup
- 1 tbsp cornstarch
- 1 tsp lemon juice
- ¼ tsp almond extract (or sub vanilla)



Instructions:

1. Preheat oven to 350 degrees. Line a 9x9 pan with parchment paper and spray the pan with nonstick cooking spray to prevent sticking.
2. To make the base and topping: In a large bowl, use a fork to mix together the almond flour, oat flour, oats, and salt. Add in melted butter, pure maple syrup, and vanilla extract and stir until a nice crumble forms and dough begins to clump together. Reserve 1 c of the mixture for the topping and set aside. Use your hands to evenly press the remaining dough into the bottom of the pan.
3. Bake the crust for 10 minutes, then remove from heat.
4. While your crust is baking, make your strawberry filling: place in a medium pot over medium heat. Add in strawberries, maple syrup, cornstarch, lemon juice, and almond extract. Bring to a simmer, then reduce heat to low and cook for 3-5 more minutes, stirring frequently until the mixture is slightly thickened and the strawberries release some of their juices.
5. Pour strawberry filling over the crust and use a spoon to spread over the top. Top with the reserved topping. Bake for 35-45 minutes or until filling bubbles along the edges and top is golden brown. Allow bars to cool completely before cutting into, otherwise they will fall apart. To speed up the process you can transfer to the fridge. Serve with vanilla ice cream for dessert or enjoy a slice as a snack!