

RASPBERRY ALMOND BARS

INGREDIENTS

Crust

2 cups almond flour

2 tbsp coconut oil

1 tsp vanilla

1tbsp water

1/4 tsp sea salt

Filling

10 oz. bag of frozen raspberries

1/4-1/2 cup maple syrup

1 tsp vanilla

Crumb Topping

1 cup walnuts

1/2 cup unsweetened shredded coconut

1-2 tbsp maple syrup or stevia to taste

1 tbsp coconut oil

1/4 tsp sea salt

1/4 tsp almond extract

PROCEDURE

Prepare filling by heating maple syrup in saucepan over medium heat. Bring to a boil, then reduce the heat and simmer for 5 minutes.

Add the raspberries and vanilla, bring to a simmer again, allowing mixture to cook for 15 minutes, until thick. Remove from heat, place in glass jar to chill in fridge.

For the crust, preheat oven to 350 degrees and line an 8x8 baking dish with parchment paper. Combine all the crust ingredients in a food processor, and process until the dough sticks together. Press the dough into the bottom of the baking sheet and bake for 12 minutes. Remove from oven and allow to cool for 20 minutes.

Prepare the crumbly topping by combining the walnuts, coconut, maple syrup, coconut oil, sea salt and almond extract in food processor until sticky and crumbly, but still coarse.

Arrange the bars by spreading the raspberry filling over the crust, then spreading the crumbly topping over the raspberry layer. Return to oven for 15 minutes at 350 degrees.

Make raspberry filling day before and let cool completely for best results.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040