



Ashley's Meal Prep Monday!

Raspberry Oat Bars



INGREDIENTS

Crust:

- 1 cup almond flour
- 1 1/2 cup oats
- 1 TSP baking powder
- 1/2 cup maple syrup
- 1/4 cup melted coconut oil
- 1/2 TSP vanilla
- dash of salt

Filling:

- 3 cups raspberries (I used frozen)
- 1/2 TBSP lemon zest
- 1 TBSP lemon juice
- 1/3 cup coconut sugar
- 1/2 TSP vanilla
- 3 TBSP aarowroot (cornstarch)



Preheat oven to 400. In a large bowl, combine almond flour, oats, baking powder, syrup, coconut oil, vanilla, and salt and mix well.

Line the bottom of a 9x9 inch baking dish with parchment paper and grease lightly with coconut oil. Add the crust to the pan, saving about 1/2 a cup of the mixture for the top layer. Use a spatula or your fingers to pat down the crust until it's tightly packed and even. Set aside.

Add raspberries, lemon zest, lemon juice, coconut sugar and vanilla to sauce pan. Cook for 3-4 minutes over medium heat and use a potato masher to mash berries and release juices. Add in aarowroot and mix for another minute. *If using fresh raspberries, cut down aarowroot to 2 TBSP*.

Pour berry filling on top of the layer of crust, using a spatula to make sure it's even. Crumble the remaining 1/2 cup of crust on top of the berries. Bake for 28-30 minutes. Remove from the oven and give the bars plenty of time to cool so the filling can set. Enjoy!!

Recipe: @veggieworldrecipes