

BERRY CRUMB BARS



50 STATES 50 PLATES

featuring

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Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the crust & crumble

- ★ Non-stick coconut oil cooking spray
- ★ 1 cup oat flour
- ★ ½ cup almond flour, lightly packed
- ★ ¼ cup monk fruit sweetener
- ★ ¾ teaspoon ground cinnamon, divided
- ★ ½ teaspoon baking powder
- ★ ¼ teaspoon fine salt
- ★ ¼ cup coconut oil, melted and cooled
- ★ 1½ teaspoons vanilla extract

For the berry mixture

- ★ 1½ cups huckleberries or substitute with 1 cup blackberries and 1 cup wild blueberries (1 cup blackberries 5 ounces, 1 cup blueberries 5.5 ounces)
- ★ 1 tablespoon monk fruit sweetener
- ★ 1 teaspoon finely grated lemon zest, plus 2 teaspoons juice from 1 lemon
- ★ 1 teaspoon water
- ★ 2 teaspoons tapioca starch

DIRECTIONS

Heat oven to 350 degrees F. Lightly spray a 9x5-inch loaf pan with cooking spray. Line the pan with parchment paper, allowing a 2-inch overhang on both long sides and spray lightly with coconut oil cooking spray.

In a medium bowl whisk together oat flour, almond flour, monk fruit sweetener, ½ teaspoon cinnamon, baking powder, and salt. Stir in coconut oil and vanilla until all dry ingredients are moistened and mixture forms large and medium-sized crumbles. Mixture should hold its shape when pressed together between fingers.

Press 1 cup of mixture into the bottom of the prepared pan. Set aside the remaining crumble.

Make the berry mixture. Combine berries, sweetener, lemon zest and juice, water, and tapioca starch in a small saucepan and bring to simmer over medium. Once bubbling, lightly press the berries to help them release some juices. Cook, stirring constantly, until mixture thickens slightly and juices coat the back of a spoon, about 5 minutes. Remove from heat.

Pour the filling over the crust and spread in an even layer. Top evenly with reserved crumble and sprinkle with remaining ¼ teaspoon cinnamon.

Bake until the berry mixture is bubbling around the edges and crumble is light golden brown, 25 to 27 minutes. Transfer pan to a wire rack to cool completely. Use excess parchment to lift cooled bars from the pan. Cut in half lengthwise, then cut crosswise to make 10 squares.

To make for cleaner slicing, cooled bars can be chilled in the freezer 20 to 30 minutes before lifting from the pan and cutting into squares.

Serving Size and Nutritional Information:

Serves 10 (Serving Size 1 Square = 66 g)

150 Calories Per Serving, 8 g Total Fat,

17 g Total Carbohydrates, 3 g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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