Paleo Raspberry Crumb Bars

Ingredients:

Filling-

1 -12 oz bag of frozen raspberries

1 TBSP lemon juice

2 TBSP maple syrup

Pinch of lemon zest

1 TBSP chia seeds

Crust-

2 Cups blanched super fine ground almond flour

2 TBSP coconut oil

1 TBSP vanilla extract

1 TBSP water

¼ tsp sea salt

Crumb Topping-

½ Cup walnuts

½ Cup raw almonds

½ unsweetened shredded coconut

2 TBSP coconut sugar

1 TBSP coconut oil

¼ tsp sea salt

Directions:

Start by making the filling. In a medium saucepan combine raspberries, syrup lemon juice and zest. Heat to a medium-high heat until the mixture begins to bubble. Then reduce to a simmer and let simmer for about 5 minutes. While simmering mash the berries with a wooden spoon. Remove from heat and add in the chia seeds and let cool.

Now make the crust. Preheat oven to 350 degrees and line and 8x8 square pan with parchment paper. Combine all the crust ingredients into a food processor and pulse until mixture is crumbly. Evenly place crumbly mixture into pan and press down firmly. Place in oven and cook for 18-20 minutes or until lightly browned. Remove and let cool for at least 20 minutes.

While crust is cooling, make the crumb. Combine all crumb ingredients into your food processor and pulse until fine.

Once the crust is cooled, spread the raspberry jam over the crust and then cover with the crumb topping. Bake for 18-20 minutes.

Let cool completely and then slice into squares or bars.

Note: This recipe is from wholesomelicious.com