

What's in Season...



STRAWBERRY RHUBARB CRUMBLE BARS

Inspired by Love & Lemons

INGREDIENTS

Fruit Filling

- 1 cup diced strawberries
- 1 cup diced rhubarb
- 1 teaspoon cornstarch
- ½ teaspoon lemon juice
- ½ teaspoon maple syrup
- ¼ teaspoon vanilla

Crumble Crust & Topping

- 1 ¼ cup whole rolled oats, plus more for garnish
- ⅔ cup chopped walnuts
- ½ cup brown sugar
- 1 teaspoon cinnamon
- heaping ¼ teaspoon sea salt
- 2 tablespoon firm coconut oil, more for greasing
- 1½ tablespoons water

DIRECTIONS

1. Preheat the oven to 350°F and line an 8x8-inch baking pan with parchment paper. Lightly spray the exposed pan sides with nonstick cooking spray.
2. Make the fruit filling: In a medium bowl, mix together the strawberries, rhubarb, cornstarch, lemon juice, maple syrup, and vanilla.
3. Make the crumble: In a food processor, combine the oats, nuts, brown sugar, cinnamon, and salt and pulse until just combined. Add the coconut oil and pulse again. Add the water and pulse again. Press ⅔ of the crumble into the baking pan to form a crust. Bake 20 to 25 minutes or until golden brown and firm. Remove from the oven and let cool for 15 minutes.
4. Spread the fruit filling over the crust, sprinkle with the remaining crumble, and garnish with some rolled oats. Bake for an additional 20 minutes, or until the fruit is soft and the crumble topping is lightly crisp. Let cool completely before slicing. If not serving the same day, store the bars covered in the refrigerator.

NUTRITIONAL FACTS

Servings: 16
Calories: 103
Protein: 1.2 grams
Carbohydrates: 13.8 grams
Fat: 5.7 grams

CALORIE CONSIDERATIONS

To INCREASE calories: add more chopped walnuts to the top as a garnish

