

CRANBERRY CRUMBLE BARS

🍴 8 SERVINGS ⌚ 45 MINUTES

These bars are a little tart from the cranberries, if you like things a little sweeter double the maple syrup in the cranberry mixture. P.S. this is a great recipe to save and serve as a dessert if you're entertaining. Serve them warmed up with a little bit of ice cream or whip cream!

INGREDIENTS

FOR THE CRANBERRY MIXTURE:

- 4 cups cranberries (fresh or frozen)
- 1/4 cup maple syrup, or more to taste
- 2 tablespoons chia seeds
- 1/2 cup orange(s), zested

FOR THE OAT MIXTURE:

- 1 1/2 cups flour
- 3 cups large flake oats
- 1/2 cup sliced almonds
- 1/2 cup hemp hearts
- 1 teaspoon baking powder
- 1 cup brown sugar
- 2/3 cup butter, melted
- 4 egg(s)
- 2 teaspoons vanilla

INSTRUCTIONS

- 1.** Preheat the oven to 350 F and line an 8×8” baking pan with parchment paper.
- 2.** In a medium pot over medium heat stir together the cranberries, maple syrup, chia seeds, and orange zest. Bring to a simmer for 10-15 minutes until the cranberries pop. Gently mash until the mixture resembles a jam like texture.
- 3.** In a large bowl, stir together the flour, oats, almonds, hemp hearts, baking powder, brown sugar, melted butter, eggs, and vanilla. Mix until combined.
- 4.** Add 2/3 of the mixture to the prepared baking pan and press down firmly to create your base. Top with the cranberry mixture and crumble the remaining oat mixture evenly on top. Bake for 20-30 minutes until golden. Let cool completely before cutting into squares, store in the fridge in an airtight container.

