7CORE WELLNESS

GLUTEN-FREE, VEGAN BERRY BARS

By: Jen Gerasimas

Serves: 12
Total time: 1 hour

Ingredients

For the Crust:

- 1 cup coconut flour
- 1/3 tsp kosher salt
- 1/4 tsp pure maple syrup
- 1/2 cup coconut oil, solid

For the Filling:

- 3 cups fresh or frozen berries of choice
- 1 tbsp pure maple syrup
- 2 tsp tapioca flour
- Pinch of salt

For the Topping:

- 2 tbsp coconut sugar
- 1/2 cup gluten-free old fashioned or thick-cut oats
- 1/4 cup reserved crust mixture

Directions

1. Preheat oven to 350 degrees. Line an 8x8 baking dish with parchment paper and grease with coconut oil.
2. For the crust: In a medium bowl, mix together coconut flour and salt. Stir in syrup and coconut oil forming a soft ball. Reserve ¼ cup for the topping. Press remaining dough evenly in the prepared baking dish. Bake for 12-14 minutes until golden brown. Remove from oven to cool.
3. For the filling: While the crust bakes, combine all the filling ingredients in a saucepan, cover, and bring to a boil over high heat. Stir and reduce heat to medium. Mash up the fruit and cook for 5-8 minutes, stirring occasionally, until thickened. Pour over the baked crust.
4. For the topping: In a small bowl, combine topping ingredients of coconut sugar, oats, and reserved crust mixture. Sprinkle on top of the filling.
5. Bake for 25-30 minutes until topping is golden.
6. Remove from oven and let cool completely before cutting. Cut into bars and place the baking dish in the fridge to harden the bars. If not serving the same day, cover with plastic wrap or store bars in an airtight container in the fridge. Enjoy within 2 to 3 days of making.