

Raspberry Oat Squares



MAKES ABOUT 24 SQUARES

Ingredients:

- 1 cup organic raspberry jam
- 1 chia egg (1 tablespoon chia seeds + 4 tablespoons water)
- 1/3 cup virgin coconut oil, melted (use unrefined if you don't like coconut flavor)
- 1/4 cup pure maple syrup (room temperature or warmed up)
- 2 tablespoons brown rice syrup or corn syrup (or 1 tablespoon molasses)
- 1 teaspoon pure vanilla extract
- 2 1/2 cups rolled oats (gluten-free if desired)
- 1/2 cup rolled oats, ground into flour
- 1 cup almond flour (or almond meal)
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine grain sea salt or pink Himalayan sea salt

Directions:

1. Preheat oven to 350F and line a 9x13-inch rectangular pan with parchment paper.
2. In a small bowl, mix together the chia seeds and water. Set aside for about 5 minutes until thickened.
3. In a large bowl, stir together the melted oil, maple syrup, brown rice syrup, and vanilla. When the chia egg has thickened, stir that in too.
4. One by one, stir in the rolled oats, almond flour, oat flour, baking soda, and salt until the mixture comes together.
5. Reserve 1 cup of the oat mixture and spoon the rest into the prepared pan. Place a piece of parchment paper on top of the dough and press it down to spread it out evenly. Use a pastry roller to roll it out smooth into the corners.
6. Place the jam on top of the oat mixture and spread it out evenly.
7. Take the remaining cup of the oat dough and crumble it evenly on top of the jam.
8. Bake for 25-30 minutes, uncovered, until the topping is lightly golden.
9. Place pan directly on a cooling rack for 20-30 minutes and then carefully lift out the rectangle and place directly onto the cooling rack until completely cooled. Slice into squares.
10. Store leftovers in the fridge or freezer.

Tip: To make oat flour, add the 1/2 cup of rolled oats into a high-speed blender and blend on high until a flour forms. You can substitute this with 1/2 cup + 1 tablespoon of oat flour if desired.

By Angela Liddon, Oh She Glows, Raspberry Chia Seed Jam Oat Crumble Squares