

Blackberry Oat Bars

Filling

1/2 cup Blackberry jam
1/2 cup fresh or frozen blackberries

Crust

1 tablespoon ground flax seed
4 tablespoons water
1 teaspoon vanilla extract
1 1/2 cup flour (wheat or almond)
1/2 -3/4 cup brown sugar
1 teaspoon cinnamon
1/2 teaspoon sea salt
1/2 teaspoon baking soda
1 1/2 cup oats
1 cup chopped walnuts
1 cup coconut oil (melted)



Directions:

Preheat oven to 350 degrees
Oil an 8x8 glass baking dish

For the Filling:

In a small bowl, mix the jam and the berries

For the Crust:

In a small bowl, combine the ground flax seeds with water.
In a large bowl, mix together the flour, sugar, cinnamon, salt, and baking soda.
Stir in the oats and the walnuts.
Add the oil, vanilla, and flax to the dry ingredients and stir until combined.

Assemble the Bars:

Press half the crust mixture into the pan.
Spoon the filling over the crust.
Cover the filling with the second half of the crust mixture, pressing down firmly.
Bake for 30 - 35 minutes.
Allow to cool completely before slicing into squares.

We like to keep ours in the refrigerator. It's great served cold or warm, and is wonderful with ice-cream.