

Raspberry Oat Bars

Source: Chef Scotty

Yield: 12 servings

Filling:

1-pint raspberries
1 T date paste
1 t lemon juice
2 T ground chia seeds

Crust:

2 c old-fashioned rolled oats
¾ c oat flour
½ c date sugar
½ c coconut oil, softened

Topping:

¼ c sliced almonds

1. To make the filling, cook raspberries, date paste and lemon juice over medium heat until the berries release their juices.
2. Remove from heat and stir in the chia seeds. Return to heat and cook until thickened.
3. To make the crust, add all ingredients in a food processor and pulse until a dough forms.
4. Reserve ¾ c of the crust mix. Press remaining crust mix into the bottom of a lightly greased 8x8 baking pan.
5. Top with raspberry filling and then sprinkle with reserved crust and top with the almonds.
6. Bake at 325°F for 25-30 minutes until golden brown and filling is bubbling around the edges.
7. Cool completely before cutting into 12 bars.

Chef Scotty's Notes:

A healthier option to traditional jam bars. This works well with either fresh or frozen berries. Try this with blueberries, blackberries or Marionberries.

WSU Clark County Master Food Preservers

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Food Preservation or Food Safety Questions?

Contact us via our Food Preservation & Safety Helpline
564-397-5366 - Monday thru Friday

Companion recipe to The Columbian Market Fresh Article published on June 26, 2020.
For previous article recipes visit <http://ext100.wsu.edu/clark/?p=8163>