

BERRY CRUMBLE BARS

MAKES 20 / PREPARE 20 MINS / COOK 35-40 MINS

Ingredients

CRUMBLE

100g Oats
150g Almond flour
60g Brown sugar
2tsp Baking powder
¼ tsp Salt
¼ tsp Ground cinnamon
110g Butter, melted

COMPOTE

500 g Blueberries
300 g Strawberries
1 Lemon, zested and
juiced
2½tsp Cornstarch

Instructions

FOR THE COMPOTE

Combine strawberries, blueberries, lemon zest and juice in a heavy bottom saucepan over a medium heat. Add a dash of water to get it all going. Bring to a hard boil, stirring, and let simmer for 10 min.

Add cornstarch and stir to dissolve. Let it cook until the mixture has thickened slightly but keeping an eye on it and making sure it doesn't stick to the bottom of the saucepan. Remove from heat and let cool for 15 min.

Meanwhile preheat your oven to 180C.

FOR THE CRUMBLE

In a large mixing bowl, combine the crumble ingredients. Using the back of a spatula or spoon, pack half of mixture into a well-greased, or lined with baking paper, 20cm×20cm baking pan.

Bake for 10 min, until crust is fragrant and lightly browned. Remove from oven and let cool for 10 minutes.

Top with enough compote cover the cooled crumble mixture generously, then sprinkle the top with the rest of the oat mixture. Bake for an additional 25 minutes, or until topping is browned. Set aside to cool and wait until completely cool to cut the tray into squares. Refrigerate the pan. Chilled tastes best and makes for the best texture.

If any compote is left, refrigerate and use to top natural Greek yogurt for breakfast or dessert. Any crumble bits that fall off as you cut the bars are a great addition to muesli or cereal.



Nutrifacts



Oats are high in FIBRE that help you stay regular. Additionally, oats are high in soluble FIBRE that contains BETA-GLUCAN which helps lower CHOLESTEROL levels. The insoluble fibre in oats feed, the good bacteria in the gut.

Sugar contains NO NUTRIENTS only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally.

To help balance your sugar levels when eating sweets, ensure they also contain fibre from fruits, vegetables, nuts, seeds or wholemeal flours and protein from eggs, nuts or seeds.

Blueberries are also low in calories and not too sweet. They contain high levels of phytochemicals especially ANTHOCYANINS which give them their purple colour and may help prevent cancer and other degenerative diseases.