

Jam Bars

Serves 15

Ingredients

- ¼ cup coconut oil, room temperature
- ¼ cup plain applesauce
- 1/3 cup smooth nut butter
- 2 tablespoons Stevia, honey or agave
- 1½ cup rolled oats
- ½ cup almond flour
- 1½ cups oat flour
- 6 tablespoons granulated sugar
- 1 teaspoon baking powder
- 1 teaspoon Kosher salt
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract
- ½ teaspoon ground cinnamon
- 1 cup + 2 tablespoons jam (reduced sugar or sugar free)
- 1 teaspoon lemon juice
- Optional:* sliced almond



Instructions

1. Preheat oven to 350°F and line a 9x13" baking dish with parchment paper.
2. In a large bowl, combine coconut oil, applesauce, almond butter, and Stevia/honey/agave. Mix well.
3. In a medium bowl, combine rolled oats, almond flour, oat flour, sugar, baking powder, salt, vanilla and almond extracts, and cinnamon. Once combined, add to wet mixture and stir until a soft dough forms. Divide the dough into thirds. Press two-thirds of the dough into the bottom of the prepared dish and reserve the remaining one-third for the topping.
4. In a small bowl, combine jam, lemon juice, and a pinch of salt. Spread jam mixture evenly over the bottom crust.
5. Crumble the remaining one-third dough over the jam filling. If using, scatter sliced almonds over top.
6. Bake the jam bars until golden brown around the edges, about 35 minutes. Let cool completely in the pan on a wire rack before cutting into bars. Bars can be stored in the fridge in an airtight container for up to 5 days or in the freezer for up to 6 months.



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Nutrition Facts: 1 serving, 1 bar

196 calories, 9 g fat (4 g saturated) 25 g carb (3 g fiber, 12 g sugar) 4 g protein 35 mg sodium

Adapted from *Tartine All Day*



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