



## Raspberry & Date Crumble Bars

6 servings  
1 hour 40 minutes

### Ingredients

- 1/3 cup Pitted Dates (soaked for at least 30 minutes)
- 1 cup Oats (rolled, divided)
- 1/2 cup Almond Flour
- 1 tbsp Butter
- 1 1/2 cups Raspberries
- 1 tbsp Maple Syrup
- 1 tsp Arrowroot Powder
- 1 1/2 tsps Lemon Juice

### Nutrition

Amount per serving	
Calories	171
Fat	8g
Saturated	2g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	24g
Fiber	5g
Sugar	9g
Protein	4g

### Directions

- 1 Preheat the oven to 350°F (175°F) and line a baking dish with parchment paper.
- 2 In a food processor, add the dates and half of the oats. Process until a paste forms. Add the almond flour and butter and pulse a few more times. Transfer the mixture to a bowl and stir in the remaining oats.
- 3 Transfer 2/3 of the date mixture to the prepared baking dish. Press the mixture down firmly to create a crust and bake in the oven for 10 minutes.
- 4 Meanwhile, add the raspberries and maple syrup to a saucepan. Bring the mixture to a simmer and smash the raspberries as they cook. Let simmer for about five to six minutes. Remove from heat.
- 5 In a small bowl, whisk together the arrowroot powder and lemon juice to create a slurry. Add the slurry to the raspberries and stir until well combined and thickened.
- 6 Pour the raspberry mixture over the base in the baking dish and crumble the remaining oat mixture over top. Bake in the oven for 15 to 20 minutes or until golden brown. Chill in the fridge for about an hour or until set. Slice and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to a week. Freeze for up to three months.

**Serving Size:** A 6 x 6-inch baking dish was used to make six servings. One serving is one square.

**More Flavor:** Add cinnamon and vanilla extract.

**Dairy-Free:** Use coconut oil or plant-based butter instead.

**Short on Time:** If you didn't have time to soak the dates, add water to the food processor

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one tablespoon at a time to create the paste.

**No Arrowroot Powder:** Use tapioca powder or cornstarch instead.