

CRANBERRY CRUMBLE BARS



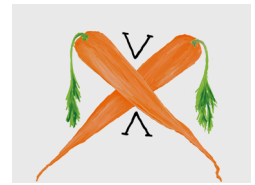
SERVES: 10-12

PREP TIME: 10 MINS

COOK TIME: 25 MINS

TOTAL TIME: 35 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

- 1 cup Cabernet Cranberry Sauce (recipe in notes)*

For oat crumble:

- 1 chia egg (1 TBSP chia + 4 TBSP water)
- 1/3 cup unrefined coconut oil, melted
- 1/4 cup pure maple syrup
- 1 TBSP black strap molasses
- 1 tsp vanilla extract
- 2 1/2 cups rolled oats
- 1/2 cup oat flour (ground oats into a fine flour)
- 1 cup whole wheat pastry flour, or all purpose flour
- 1/2 tsp baking soda
- 1 tsp pumpkin pie spice (or mix of ground cinnamon, cloves, nutmeg, and ginger)
- 1/4 tsp sea salt

METHOD

Preheat oven to 350 degrees F. Prepare an 8 inch square baking dish by lining with parchment paper or lightly greasing.

In a small bowl, mix the chia seeds with water. Allow to sit and thicken for 5 minutes.

In a large bowl, add the melted coconut oil, maple syrup, molasses, vanilla extract, and thickened chia blend.

Next, add the dry ingredients (stir mixture with each additional ingredient!): rolled oats, oat flour, whole wheat pastry flour, baking soda, pumpkin pie spice, and salt.

When ingredients are combined, press about 1/2 - 3/4 the oat mixture into the bottom of the prepared baking dish.

Press firmly to create a smooth and flat base.

Now, add the 1 cup of cranberry sauce, spreading evenly across the oat layer. Lastly, crumble the remaining oat mixture on top.

Bake for 25-30 minutes, uncovered. The oat mixture should look golden brown. Allow to cool, then slice into bars or squares. Enjoy!

NOTES:

Cabernet Cranberry Sauce:

Ingredients: 16 oz fresh cranberries, 1 cup Cabernet Sauvignon, or red wine of choice*, 2 oranges, zest and juice, 1/4 cup pure maple syrup, 1/4 cup date sugar, 1 tsp cinnamon, 1/2 tsp ground cloves, 1/4 tsp cardamom

Method: Wash cranberries thoroughly, making sure to pick out any smashed berries. Zest and juice oranges. Add all ingredients to a large pot, stir well. You want enough space for the ingredients to double in volume while cooking. Place pot over medium-high heat and bring to a low boil while stirring. Reduce heat to a simmer and cook for 20-30 minutes, uncovered, stirring frequently to prevent sticking. When most cranberries have burst and the mixture look thick like jam, remove from heat and allow to cool. Taste for additional sweetness, but remember cranberry sauce is supposed to be tart! Place in a glass jar or bowl to store. Will keep in the refrigerator for 1-2 weeks if sealed tightly. Also freezes well for later use. Serve at room temperature.

NUTRITION:

Serving size: 1 bar Total Calories: 300 Total Fat: 18 g

Sodium: 120 mg Carbohydrates: 37 g Fiber: 9 g

Sugar: 10 g Protein: 6 g