



GLUTEN FREE CHERRY CRUMBLE BARS

YIELDS: ONE 8X8 INCH PAN

This is one of those treats that we love to eat for breakfast! It is not overly sweet, so indulge without a sugar crash. It is great as a dessert after dinner, but even better with a dollop of yogurt on top to start the day.



Ingredients

CRUMBLE TOP AND BASE

- 1 large egg
- 1/3 cup pure maple syrup
- 1/2 cup Anita's Organic Rolled Oats
- 2 cups Anita's Organic Almond Flour
- 2 tablespoons Anita's Organic Coconut Flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 cup melted unsalted butter
- 2 cups cherry chia jam

CHERRY CHIA JAM

- 2 cups pitted and halved dark cherries (this can be substituted for your fruit of choice)
- 1-2 tablespoons of chia seeds
- 1 tablespoon cane sugar
- 1 teaspoon vanilla

Instructions

Preheat oven to 350F and line an 8x8 inch pan with parchment paper. Set aside.

BEGIN BY MAKING THE CHERRY CHIA JAM

1. In a heavy based pan cook the cherries over a low heat until they are soft and juices release mashing as you stir. Add the chia seeds and continue cooking until the mixture has thickened. Set aside to cool a little.

FOR THE BASE AND CRUMBLE TOPPING

1. In a medium bowl, whisk together egg and maple syrup until well combined. Stir in almond flour, oats, coconut flour, cinnamon and salt. Pour melted butter into the crumble and use a fork to evenly combine and stir until clumps begin to form.
2. Use 2/3 of the prepared mixture in the pan as the base and save the remainder for the top. Evenly press the dough into the bottom of the pan using your fingers. Spread the cherry chia jam evenly on the base. Crumble the remaining oat mixture over the jam.
3. Bake for 30-35 minutes once filling begins to bubble and crumble is golden brown. Allow crumble to cool completely on a wire rack then place in the fridge for 20 minutes. Once chilled carefully remove from pan and parchment paper and slice into desired size.

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