



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

STRAWBERRY BARS

INGREDIENTS:

Crust and topping:

2 C Rolled oats
1 C almond flour
1 C oat flour
2 tsp baking powder
1 small banana, mashed.
1/4 C maple syrup or honey
1/4 C coconut milk

Filling:

3 C or 1-16 oz container organic strawberries,
washed and sliced (frozen is ok, increase berries to
3 1/2-4 C, thaw and press out juice)
2 tsp lemon juice
3 tsp chia seeds
3 tsp cornstarch

Option:

1/3 C maple syrup or honey (I felt as tho it was sweet enough without it)

DIRECTIONS:

CRUST:

- Mix crust ingredients together, press approx 1/2-2/3 of the mix into 8x8 dish, set aside. Save the remaining crust mixture for the top.

FILLING:

- Add all filling ingredients to a pot and heat until thick approx 5-10 min.
- Pour strawberry mixture on top of the crust in the 8x8 dish.
- Crumble the remaining topping on top.
- Bake 350 for 20-30 min, or lightly golden.
- Allow to cool before slicing

Option:

Drizzle a glaze of Monk fruit, milk and vanilla for a dessert.



