



YUMMY GF BLUEBERRY BLAST BANANA OAT CRUMBLE BARS



SERVES: PREP TIME: COOK TIME:
 8 | 10M | 30M

DAIRY FREE GLUTEN FREE VEGETARIAN

INGREDIENTS:

- 1 Cup Crofter's Organic Premium Blueberry Blast Fruit Spread
- 2 Tbsp Chia Seeds
- 2 Tbsp & ½ Cup Raw Golden Honey (Divided)
- 1 Tsp Vanilla Extract
- 2 Cups Gluten-Free Rolled Oats
- 1 Tsp Baking Powder
- 2 Ripe Bananas (Mashed)

DIRECTIONS:

1. Add Crofter's Organic Premium Blueberry Blast Fruit Spread and 2 tbsp honey to a sauce pot. Bring to a simmer over low heat. Add in the chia seeds and stir. Remove from heat and set aside.
2. Preheat oven to 375°F and prepare an 8x8 baking tray with parchment paper. Make sure to leave a few inches of overhang parchment paper for easy removal.
3. Place 1 cup rolled oats into a blender/food processor and pulse until a fine flour is achieved. In a large bowl, add oat flour from the food processor and mix with 1 cup remaining oats. Add in baking powder, ensuring they are mixed evenly. Then, add in the mashed banana, ½ cup honey and vanilla extract. Mix well.
4. Transfer 2/3 of the crumble into the prepared baking pan and smooth with the back of a spoon or spatula. Scoop in the Blueberry Blast/honey/chia seed mixture on top and then cover with the remaining 1/3 of the crumble.
5. Bake for 30 minutes at 375°F (until golden brown). Let cool completely on a wire rack before serving. If cut too early, the squares will have a hard time keeping their shape. Serve and enjoy!