

Ingredients:

Crust:

- 1.5 cups Nut flour blend (any combination of almond, coconut or other gluten free flours)
- 3 tsp cinnamon
- 1/3 cup pumpkin puree (plain, NOT pie filling!)
- 3 tbsp unsweetened applesauce
- 3 tbsp maple syrup

Filling:

- 1 1/3 cups blueberries
- 2/3 cup 100% orange juice

(no sugar added)

Directions:

To make the filling:

- Add blueberries and orange juice to a small saucepan. Bring to a boil and then simmer for 15-20 minutes until reduced. Stir occasionally and remove from heat to cool.

To make the crust:

- While the berries simmer, combine flour and the next four ingredients in a bowl and mix to combine. Place the dough in the freezer for 15 minutes.

To assemble the bars:

1. Preheat oven to 350* and line a loaf pan with parchment paper.
2. Remove the dough from freezer and divide in half. Press half of the dough mixture into the bottom of the pan. (Wet your fingertips with cold water if the dough becomes too sticky).
3. Spread the berry mixture over the crust.
4. With the remaining dough, break off small pieces and flatten them and place on top of the berry mixture. Gently press the dough into place to cover the berry mixture as much as possible.
5. Bake for 25 minutes. Immediately lift the parchment paper out of the loaf pan and place on a wire rack to cool completely. Cool bars completely before slicing.

Blueberry Bars

Gluten-free • Vegan • Paleo

