

Raspberry Breakfast Bars



**ASIAGO
FOOD**

ingredients

200g Asiago raspberries
200g whole wheat flour
300g sugar free raspberry jam
180g dark brown sugar
140g oats
100g coconut oil

70g sliced almonds
1 tsp vanilla essence
½ tsp ground cinnamon
½ tsp baking soda
Pinch of salt



method

1. Preheat oven to 180°C.
2. Lightly grease foil on a baking tin.
3. Whisk coconut oil and brown sugar for 3 minutes. Add in the vanilla essence and whisk again for another 30 seconds.
4. In a medium sized bowl, mix flour, oats, sliced almond, cinnamon, baking soda and salt.
5. Combine both mixtures together and mix well.
6. Put ⅔ of the mixture at the bottom of the tin. Press evenly and firmly.
7. Melt the jam in the microwave (or over a hub) to be able to spread more easily. Spread evenly as the next layer of the tin.
8. Layer on with frozen raspberries and top the remaining ⅓ of the mixture on top.
9. Bake until golden brown (around 25 minutes).
10. Refrigerate until cool, then cut into squares.

Created by

