

## Apple Blackberry Bars

### Ingredients:

#### For the filling:

- 1 ¾ cups finely diced apples
- 1 cup blackberries
- 1 TBS arrowroot
- 2 TBS coconut sugar
- ½ tsp cinnamon
- 1/8 tsp ground cloves (optional)
- ¼ tsp ground ginger (optional)

#### For the base and topping:

- 1 cup gluten-free rolled oats
- 2 cups gluten free oat flour
- ½ cup coconut sugar
- 2 TBS maple syrup
- ½ cup melted refined coconut oil

### Directions:

Preheat oven to 350F/180C. Line an 8x8 inch pan with parchment paper. Set aside.

To make the filling, combine the diced apples, blackberries, arrowroot, coconut sugar, cinnamon, ground cloves, and ground ginger (if using) in a medium-sized bowl. Stir until evenly mixed and set aside.

To make the base and topping, combine the oat flour, oats, coconut sugar, and cinnamon in a large mixing bowl. Pour in the melted coconut oil and stir until the dough clumps together.

Place 2 cups of the mixture into the prepared pan and set aside the rest. Press the mixture evenly to the base of the pan using your fingers or a flat-bottomed glass.

Arrange the apple and blackberry filling on top of the base and spread out evenly. Sprinkle the rest of the crumb mixture over the filling.

Bake for 30-35 minutes, until the filling is bubbly and the top golden. Remove from oven and cool completely before slicing into bars.

Makes 12 bars