



BREAKFAST CRUMBLE BARS

INGREDIENTS

- ½ cup rolled oats
- 1 cup self-raising flour
- ½ cup dark brown sugar or coconut sugar
- ½ cup chopped pecan nuts
- ½ tsp ground cinnamon
- ½ cup (115 g) butter or coconut oil
- 1 cup 3-ingredient Raspberry-chia Jam or any berry jam

METHOD

Preheat the oven to 190°C and line a 20 × 20 cm baking tin (or any baking dish of similar size) with baking paper.

Use your fingers or a food processor to mix all the ingredients together (except for the jam) until crumbly. Transfer $\frac{3}{4}$ of the mixture to the baking tin and press down using the back of a spoon.

Spread over the jam, then top with the remaining crumble mixture and bake for 20–25 minutes, or until golden. Cool in the tin before cutting into bars.