

## Raspberry Breakfast Bars



For the base and crumb topping

- 1 cup almond flour
- ½ cup coconut flour
- 1 and ¼ cup oats
- ½ tsp sea salt
- ¾ tsp baking powder
- ½ tsp bicarbonate of soda
- 1/ tsp cinnamon
- ¾ cup of unsalted organic butter

For the topping:

- ¼ cup of coconut sugar
- Zest of 2 large lemons
- ½ tsp cinnamon
- 2 tablespoons flour – I used spelt but any could be used
- 500g frozen raspberries
- Juice of 2 lemons
- 2 tablespoons coconut oil, melted

Start by making the base and crumb mixture. Preheat the oven to 180°C. Butter the bottom of and sides of a square baking tin (I used 10x12inch) then press on some baking paper. The butter will help it to stick down.

Place the flour, coconut sugar, oats, salt, baking powder, bicarb and cinnamon in a food processor and combine. Pulse this while you add the butter, to make a crumb mixture.

Keep 1 and ½ cups of this mixture to the side to use for the topping. Put the rest of the mixture into the baking tin and press down hard – I use a potato masher to really press it down hard and compact it. Bake this for 12-15 mins until golden brown. Leave to cool.

Next, make the filling. Whisk the coconut sugar, lemon zest, cinnamon and flour together. Add the frozen raspberries, lemon juice melted coconut oil and mix well.

Spread the filling evenly over the base then sprinkle over the left-over crumb topping. Bake for 35-40 mins until the top is golden and the filling is bubbling.

Leave to cool completely before cutting into squares. Enjoy!

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