

GLUTEN FREE VEGAN RASPBERRY SQUARES

(from *Without Adornment*)

1/2 cup almond flour
1/2 cup brown rice flour
1/4 cup tapioca starch
1/4 cup coconut flour
1 tsp. baking powder
1/4 tsp. salt
1 cup oats
1/2 cup quinoa flakes
3 tbsp. palm sugar
1/2 – 2/3 c. coconut oil
3 cup thawed raspberries, with as much of the liquid drained as you can.
3 – 4 tbsp. honey
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cardamom
1/2 tsp. pure vanilla extract

Heat oven to 350F.

Whisk together flours, baking powder and salt. Add oats, quinoa flakes and palm sugar and mix until evenly distributed. Add in *unmelted* coconut oil. Using your fingers, work the coconut oil into the flour mixture until there are no lumps remaining and the mixture is crumbly.

In a separate bowl, stir together raspberries, honey and spices. Add more sweetener to reach desired sweetness. Press over half of the crumb mixture into a greased 8" square pan. Scoop the raspberries onto the pressed bar mixture and distribute evenly. Sprinkle the remaining crumb mixture on top of the raspberries and pat lightly.

Bake for 30 – 40 minutes or until topping is light brown.

Cool completely before cutting into squares.