

Vegan Strawberry Bars



Ingredients

- 400g strawberries, halved
 - 2 tbsps lemon juice
 - 2 tbsps maple syrup
 - 3 tbsps chia seeds
 - 2 cups rolled oats
 - 3/4 cup plain flour
 - 1/3 cup sugar
 - 1/2 tsp cinnamon
 - 1/4 tsp salt
 - 1/2 cup vegan butter, melted
 - 1 tbsps maple syrup
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Method

- In a medium saucepan on a low heat, add strawberries, lemon juice and maple syrup. Continue to stir until strawberries are soft and mash mixture.
- Turn off heat and stir in chia seeds until well combined. Set aside to cool down
- Preheat oven to 200c and prepare a rectangle oven tray
- In a large bowl, mix together oats, plain flour, sugar, cinnamon, salt until well combined.
- Pour in melted butter and maple syrup and mix until a well combined crumble mixture is formed.
- Place half the mixture onto your prepared oven tray and press down to make your bottom layer. Pour over strawberry jam and evenly spread. Finally, pour the remaining crumble mixture on top of the jam and ensure the jam is well covered
- Place in the oven for 35 minutes or until the crumble begins to brown.
- Allow to cool before slicing. The bars should keep in the fridge for up to a week, or can be frozen for 3 months.

