

## **Rhubarb & Berry Crumble Bars**

Inspiration from: <http://thehealthfulideas.com/strawberry-rhubarb-breakfast-oat-bars/>

*Makes about 9 bars.*

### **INGREDIENTS**

- 2 flax eggs (see notes)
- 2½ cups Rolled oats
- 1 ½ cups puffed rice cereal
- 2 tsp cinnamon
- ¼ teaspoon salt
- 1/4 cup coconut oil
- ½ cup honey
- ½ cup almond or sunflower seed butter
- 1 cup sliced rhubarb (about 2.5 stalks)
- 1 cup berries (we use strawberries or blueberries)
- 2 tbsp sugar

### **METHOD**

1. Preheat your oven to 175C (375F). Prepare a spring form pan with parchment paper and set aside.
2. Start by making the flax egg by mixing the water and the ground flax. Set aside to soak.
3. In a medium sized bowl, mix chopped rhubarb, strawberries, and sugar.
4. In a small saucepan, melt the coconut oil, add the honey, almond butter, mix, and slightly heat it all up over very low heat until everything is melted.
5. Add the soaked flax egg into the wet mixture and stir to combine.
6. In a big bowl combine rolled oats, puffed rice cereal, cinnamon, and salt. Mix together with a spoon (or your hands).
7. Pour the wet ingredients into the dry and mix with a spoon until everything is well coated.
8. Fold in the chopped rhubarb and strawberries.
9. Transfer the dough into your pan and press it down with the spoon.
10. Bake for 35 minutes or until golden on top. You know it's done when the dough starts peeling off the sides of the parchment paper.
11. Cool down completely before cutting. (believe me on this - it will crumble if you cut it too soon)
12. Store at room temperature for 3-4 days.

### **Notes**

To make two flax eggs, you need 2 tbsp ground flax seeds and 4 tbsp water. You mix that together with a spoon and set aside to soak for about 10 minutes