Cooking Plan

Berry Crumble Bars



Ingredients

Makes 24

- 400g frozen mixed berries
- 30g chia seeds
- 150g rolled oats
- 2 tsp ground cinnamon
- 80g light brown sugar
- 120g plain flour
- 180g butter / flora plant butter

Method

Preheat the oven to 180ºC and line a 20cm x 20cm tin with baking paper, then set to one side.

Place the frozen berries in a large saucepan over a medium heat and leave to cook for 10 minutes until soft and jammy, stirring every so often. When the berries have all softened, stir through the chia seeds and remove from the heat.

In a large bowl, use two forks to mix together the oats, cinnamon, sugar, plain flour and butter. You want the mixture to be crumbly and well combined, but not a dough; be careful to stop mixing before it becomes a dough.

Add two-thirds of the oat mix to the lined tin and use the back of a spoon to push it down into an even layer. Pour on the berry mix and spread it evenly over the oaty base. Crumble the remaining oat mixture over the top and bake in the oven for 25 minutes, keeping an eye on it towards the end of cooking so it doesn't brown too quickly.

Leave the crumble to cool completely in the tin before cutting into 24 squares.