



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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Berry Crumble Bars

blackberries, blueberries, cranberries, raspberries, strawberries and more!

Ingredients:

For the Crust

- 1 ½ cups almond flour
- 1 teaspoon lemon zest
- 1/3 cup granulated monk fruit sweetener
- 3 Tablespoons unsalted butter, melted

For the Filling

- 2 Tablespoons chia seeds
- ½ cup water
- 2 cups mixed berries
- ⅓ cup granulated monk fruit sweetener

For the Crumble

- 1 cup almond flour
- ⅓ cup granulated monk fruit sweetener
- ¼ cup shredded coconut, unsweetened
- 2 teaspoons lemon zest
- 4 Tablespoons unsalted butter, cold



Instructions:

1. Preheat oven to 350°F. Line a 9-inch square baking dish with parchment paper. Set aside.
2. Mix almond flour, lemon zest, granulated monk fruit and melted butter for the crust. Press the crust mixture into the prepared pan. Bake 7-8 minutes until slightly browned.
3. Activate the chia seeds in ½ cup of water for about 30 minutes, resulting in a jelly.
4. Add chia jelly and jam ingredients in blender and pulse to combine. Adjust sweetness.
5. Transfer jam to a saucepan over low heat; stir infrequently, making sure the jam doesn't burn. Allow to firm in refrigerator.
6. Mix all crumble ingredients except butter, then add butter chopped into cubes. Use hands to combine ingredients until a crumbly consistency. Spread jam into base, and crumble on top.
7. Bake at 350°F for 15 minutes or until the crumble is golden brown.
8. Remove from oven and cool to room temperature for the jam to completely set, about two hours is ideal. You can speed up this process in the fridge. Cut into bars and enjoy.