

SERVES 12

Sugar-Free Strawberry Oat Bars

(Vegan, Gluten-Free, Diabetes-Friendly)

Isabellemckenzie.com | total time: 15 minutes



INGREDIENTS

Crust and Crumble:

- 3 cups rolled oats
- 1 cup shredded coconut or coarsely ground or chopped nuts,
- 2 eggs or 2 chia eggs
- 1 tsp pure vanilla
- 1/2 cup milk
- 7 tbsps of butter, melted or coconut oil, melted
- 1 ripe banana, mashed
- ½ tsp salt
- 2 tsp liquid stevia

Strawberry Filling:

- 4 cups of sliced fresh strawberries
- 1 tablespoon fresh lemon juice
- 1 teaspoon of vanilla extract
- 1 tablespoon of cornstarch
- 1-2 tsp vanilla crème stevia drops
- pinch of salt

INSTRUCTIONS

1. Preheat oven to 350. Line or grease the bottom of a baking pan. Combine all the crust ingredients in a large bowl and mix until just combined. Scoop out about 1/4 of the mixture and set aside ready to be your crumble. Spread evenly and press the remaining mixture into the prepared pan. Bake crust for 10 minutes. Remove crust and set aside.
2. In a separate bowl toss and combine the strawberries, vanilla, and lemon. Place into a medium saucepan or cast iron skillet and heat to medium/high and bring the strawberry mix to a boil. Stir often. Once its at a boil, turn your heat down to low. Leave simmering for 20 minutes and continue stirring.
3. After 20 minutes, add in your 1 tablespoons of cornstarch and stir thoroughly until the clumps fade and the filling is thick. Spread the strawberry mix evenly over the crust and evenly sprinkle the crumble mix you set aside over the top. Bake for 25 minutes. Cool 5 mins, remove from pan and cool 15 more minutes. Chop into squares and enjoy!

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag **#cookingwithisabelle**

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