

Raspberry Oat and Nut Squares

ground
cinnamon

oat
flour

120g/1 cup
(you can
make it by
blending rolled
oats!)

1 Whisk
to combine.

rolled
oats

100g/
1 cup + 2 tbsps

cornflour

(cornstarch)
or
arrowroot
3 tsp/9g

baking
powder

1 tsp/6g

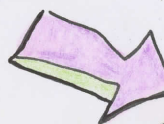
$\frac{1}{2}$ tsp
fine
sea salt

zest of
1 lemon



Big
bowl

50g/
3 tbsps



pure
cashew
or
almond
butter

scant $\frac{1}{2}$ cup

2 Whisk
to combine.

maple
syrup

runny
honey

35g/2 tbsps

seeds scraped
from 1 vanilla
pod or 1 tsp
pure vanilla extract

top layer.

8 Crumble
over the
raspberry
layer and
press in.



9 Bake 15 minutes
then take out and press
the crumble in again.
Then bake 10-15 minutes
more till golden brown.

cool completely
before cutting

oat
flour
mix

Big
bowl

3 Stir
together.

4 Use hands to
combine.
This is the 'pastry'
layer base.



$\frac{3}{4}$
(save $\frac{1}{4}$)

5 Flatten $\frac{3}{4}$
of mix in prepared tin.
- lined with baking paper.



raspberry and
apple

middle layer.

6 Smooth puree on
top to
even
layer.

smooth
and
even

7 Mix remaining
 $\frac{1}{4}$ pastry layer
mix with the
crumble mix
prepared
earlier.

crumble preparation
mix

$\frac{1}{4}$
pastry mix

